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## Lateral Epicondylitis Post-op Protocol

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Phase I: Maximum Protection (0 to 10 Days)

- Sling for two weeks for comfort
- Ice continuously
- Gentle layer I skin and scar mobilizations
- Patient education
- Passive range of motion for:
  - Elbow flexion and extension
  - Forearm pronation and supination

### Phase II: Progressive Stretching and Active Motion (Day 10 to Week 4)

#### Day 10 to Week 2

- Discontinue sling at two weeks
- Modalities as needed for inflammation
- Advance tissue mobilizations within tolerance over common extensor tendon
- Begin passive wrist range of motion in all planes as tolerated
- Begin active shoulder range of motion, emphasize protraction and retraction

#### Weeks 2 to 4

- Continue modalities to control inflammation
- Initiate terminal range of motion stretching as tolerated
- Begin composite stretching of ECRB and EDC (elbow extension, forearm pronation and wrist flexion)
- Begin active-assistive range of motion in elbow wrist and hand in all planes
- Light ADL's and work activities as tolerated

### Phase III: Early Strengthening (Weeks 4 to 6)

- Modalities as needed
- Continue with elbow and wrist terminal stretching in all planes
- Begin active range of motion of the elbow and wrist in all planes
- Initiate submaximal isometrics of the extensor bundle
- Begin PREs of the flexor/pronator mass when the patient is able to perform full composite stretch pain free
- Begin rotator cuff and scapular strengthening program with resistance applied above the wrist
- Scapular stabilization exercises
- Proprioception and neuromuscular control drills
- Core activities
- Manual resistance and PNF patterns

## **Phase IV: Advanced Strengthening and Plyometric Drills (Week 6 to 12)**

### **Weeks 6 to 8**

- Continue with end range stretching
- Begin wrist and forearm strengthening in all planes, avoiding aggressive wrist extension exercises until week 10 to 12

### **Weeks 8 to 12**

- Begin global upper extremity gym strengthening program three to four times per week in preparation for return to full work and sport activities
- Push-up progression
- Initiate plyometric drills (plyoball wall drills)
- Double arm rebounder drills progressing to single arm

## **Phase V: Interval Throwing Program (Weeks 12 and Beyond)**

- Follow-up appointment with Dr. Roberson
  - Initiate return to sport program per Dr. Roberson's approval