

Adam Seidl, MD
Assistant Professor
Shoulder/Elbow Surgery
Department of Orthopedics
University of Colorado



Orthopedics
UNIVERSITY OF COLORADO

Highlands Ranch Hospital
(720) 516-4090
Inverness
(303) 694-3333
Anschutz Medical Campus
(720) 848-1900

Rehabilitation Protocol Lateral Epicondyle Debridement and Extensor Repair

Phase I: Early ROM & Protect Repair (*0 to 2 weeks*)

- Operative Splint to be removed on Post-op day 2.
- Universal wrist splint to be placed once operative splint removed and worn at all times other than when performing exercises
- No strengthening or repetitive exercises
- Shoulder/Elbow/Wrist/Hand active and passive ROM. Initial focus should be on regaining terminal elbow extension.
- Use elevation and ice to treat elbow/forearm/hand swelling

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Phase II: Full ROM (*2-6 weeks*)

- Continue to wear wrist splint for ADLs
- No strengthening or repetitive exercises
- Gradually increase A/PROM exercises. Goal to have full ROM by 4-6 weeks post-op. Begin Shoulder isometrics (scapula, abduction, ER, avoid IR resistance)

Phase III: Strengthening a return to activities (*>6 weeks*)

- May discontinue wrist splint and wear counterforce brace until asymptomatic with full ROM and normal strength
- Avoid pain. If exercises are causing pain, drop back to early phase until pain free

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- Continue with ROM and add strengthening exercises starting with isometrics. Advance to resistance exercises and eccentric strengthening as tolerated. Use modalities as needed.
- Return to full activities is typically 12 weeks after surgery