

Lateral Epicondylitis Post-Operative Protocol

	Range of Motion	Immobilizer	Therapeutic Exercise
Phase I 0-6 Weeks	Passive ROM as tolerated	Worn first 7-10 days post operative	• Gentle shoulder / elbow / wrist / hand stretching • Isometric shoulder / elbow / wrist / hand strengthening • Avoid active wrist extension x 6 wks
Phase II 6-8 Weeks	Increase to full ROM Begin active wrist extension	None	• Advance strengthening exercises to resistive • Maintain flexibility • Begin active wrist extension exercises
Phase III 8-10 Weeks	Full and pain free	None	• Advance phase II activities and gradually progress to return to full activity