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## **REHABILITATION PROTOCOL**

### **Lateral Epicondyle Debridement & Extensor Repair**

#### **Phase I: Early ROM & Protect repair (0-2 Weeks)**

- Wear splint until first post op visit.
- 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.

#### **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.
- 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.