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## **Lateral Epicondyle Debridement/Extensor Tendon Repair Rehab Protocol**

### **Phase I: Weeks 0-2**

Sling Immobilizer: May be removed while at home in controlled environment. Recommend remain in sling while in public

Wrist brace: To be worn at all times, including while sleeping. May be removed for showering.

#### Activities/Exercises:

- 5 pound lifting restriction for first 2 weeks
- Avoid typing if painful
- No gripping or impact activities
- Pain-free AAROM to hand, wrist, elbow, shoulder
- AROM to shoulder, scapular retractions
- Goal is full elbow extension by end of 2 weeks

### **Phase II: Weeks 3-6**

Sling Immobilizer: As needed. May begin to wean.

Wrist brace: To be worn at all times, including while sleeping. May wean from brace 4 weeks after surgery. May continue to wear for comfort, rest/recovery.

#### Activities/Exercises:

- Continue AAROM to hand, wrist, elbow. Should be pain-free.
- Progress to AROM, except avoid active wrist extension until end of phase II
- Full passive ROM to wrist, elbow, and shoulder by end of phase II

### **Phase III: Weeks 7-12**

Sling Immobilizer: Not needed

Wrist brace: Not needed, but may use as needed for rest/recovery. May also use if returning back to work.



Activities/Exercises:

- Flexor and extensor strengthening progression
- Include eccentric exercises
- Shoulder and scapular mechanics and strengthening
- Work/sport specific training
- Prevention training focusing on activity modifications, ergonomics, home exercise program, etc.