

Surgical Treatment for Medial/Lateral Epicondylitis

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

10 Days Post Op

- Static elbow splint—worn for comfort only
- AROM—performed 3-6 times a day
 - Finger adduction/abduction
 - Digits
 - Wrist extension
 - Wrist radial and ulnar deviation
 - Wrist tenodesis
 - Supination/Pronation
 - Elbow flexion and extension
- Edema Control
- Scar management

0-8 Weeks Post Op

Initiate gravity extension stretch for the elbow 2-5 minutes. Add a 1 pound weight as tolerated. Only initiate this if it is PAIN FREE.

8-12 Weeks Post Op

- Begin slow strengthening
- Initiate isometrics

4 Months Post Op

Full power and activity resumed