

**Lateral Epicondylitis Post-Operative
Rehabilitation protocol**

	<u>RANGE OF MOTION</u>	<u>IMMOBILIZER</u>	<u>THERAPEUTIC EXERCISE*</u>
PHASE I (0-6 WEEKS)	Passive range of motion as tolerated.	Worn for first 7-10 days post-operative.	Gentle hand/wrist/ elbow/shoulder stretching, isometric hand/wrist/ elbow/shoulder strengthening – avoid wrist extension
PHASE II (6-8 WEEKS)	Increases range of motion to full, begin active wrist extension	Discontinue	Advance strengthening exercises in phase I to resistive, maintain flexibility/ROM, begin gentle active wrist extension exercises.
PHASE III (8-10 WEEKS)	Full range of motion and pain-free	Discontinue	Advance phase II activities, gradual progression toward return to full activity.

* No activity wrist extension for 6 weeks post-operative