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## **LATERAL EPICONDYLE RECONSTRUCTION REHABILITATION PROTOCOL**

### **PHASE I (0-6 weeks)**

**Goals:**

- Prevent active wrist extension to protect repair, maintain shoulder ROM

**Precautions:**

- Immobilizer should be worn at all times for first 7-10 days. Continue use of wrist splint for 3-4wks.

**Therapeutic Exercise:**

- Passive ROM as tolerated.
- Gentle hand/wrist/elbow/shoulder stretching.
- Isometric hand/wrist/elbow/shoulder strengthening (avoid wrist extension).
- Limit active wrist extension for 6 weeks post-operative.

***Criteria to progress to phase II:***

1. Pain and edema controlled
2. Tolerance to passive range of motion at shoulder/elbow/wrist

### **PHASE II (6 - 8 weeks)**

**Goals:**

- Return to full range of motion, initiate high repetition exercises for elbow/wrist

**Therapeutic Exercise:**

- Increase range of motion to full.
- Advance strengthening exercises in phase I to resistive/isotonic.
- Begin gentle active wrist extension exercises.

***Criteria to progress to phase III:***

1. Full AROM
2. Tolerance of initial phase of strengthening

### **PHASE III (8 - 12 weeks)**

**Goals:**

- Begin low level sport activities with progression back into sport

**Therapeutic Exercise:**

- Full and pain-free.
- Advance phase II activities.
- Gradual progression toward return to full activity.

***Criteria to return to sport:***

1. MD Clearance
2. Sport Specific testing