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Lateral Epicondylitis Rehab Protocol

0-6 Weeks:

ROM: Passive ROM as tolerated

Immobilizer: first 7-10 days post operative

Exercises: Gentle hand/wrist/elbow/shoulder stretching with isometrics, avoid wrist extension

6-8 weeks:

ROM: increase to full, begin active wrist extension

Immobilizer: none

Exercises: Advance to resistive exercises, ROM, gentle active wrist extension

8-10 weeks:

ROM: full and pain free

Immobilizer: none

Exercises: Gradually increase resistive exercises and return to full activity.