Lateral Epicondylitis Debridement/Repair

Postop	Goals	Precautions	Exercises
Weeks 0-2 HEP daily	Wound healing Hand/finger ROM Shoulder ROM	Splint 90° flexion at all times	Wrist and hand ROM Gripping exercise Shoulder pendulum in splint Shoulder PROM exercises
Weeks 2-6 PT 2x/week HEP daily	Edema and pain control Elbow ROM as tolerated	Cock-up wrist splint Avoid wrist extension	Elbow ROM as tolerated Hand/wrist/elbow/shoulder stretching Isometric hand/wrist/elbow/shoulder strengthening (avoid wrist extension)
Weeks 6-8 PT 2x/week HEP daily	Full ROM Begin active wrist extension	Discontinue wrist splint	Increase ROM to full Begin active wrist extension Advance strengthening exercises to resistive
Weeks 8-10 PT 2x/week HEP daily	Full, pain-free ROM Advance strengthening	None	Continue ROM to full Continue to advance strenghthening to full Gradual progression back to full activity