

# Palmetto Health USC

## ORTHOPEDIC CENTER

**104 Saluda Point Drive  
Lexington, SC 29072  
(803) 296-9205  
ECRB/ECRL DEBRIDEMENT**

### **SURGICAL PROCEDURE**

Following an incision over the lateral epicondyle, the pathological tissue along the muscle/tendon origin of the ECRD and /or ECRL is excised.

### **POSTOPERATIVE REHABILITATION**

#### **48 hours Postop**

- The bulky compressive dressing is removed. A light compressive dressing is applied to the hand, forearm, and above elbow.
- Active and Gentle PROM exercises are initiated to the elbow, forearm and wrist for 10 minute sessions 6 times a day.
- An elbow pad is fitted to protect the elbow.

#### **10 – 14 Days postop**

- Within 48 hours following suture removal, scar massage with lotion is initiated, along with Elastometer, Rolyan , Otoform.
- Elastic stockinettes or elastic bandages may be utilized once the edema begins to subside.
- Weighted elbow or wrist stretches may be initiated if PROM is limited.
- The elbow pad is continued for support and protection of the elbow.

#### **4 weeks Postop**

- Progressive strengthening may be initiated with hand weights, theratubing, Nirschl exercises, BTE and/or a work conditioning program. The strengthening program is structured within the patient's comfort level.

### **CONSIDERATIONS**

Since the common extensor tendon origins are not reattached with the surgery, the ECRB and/or ECRL do not require protection. In large part, this is the reason the therapy program can be accelerated.

Due to the limited dissection, the therapy program can be more aggressive in the early postoperative days.

The elbow pad may be discontinued once patient is pain free.

The goal of therapy is for patient to return to work within 4 – 6 weeks following surgery. Patient education should be emphasized. All lifting activities should be performed with palms up. Patients should be advised to perform active and passive stretching exercises before beginning repetitive activities with upper extremity, irregardless if it is work or sport- related.