

Palmetto Health USC

ORTHOPEDIC CENTER

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Lateral Epicondylitis – ECRB Release and Repair Protocol

7 to 10 days Post-op:

- Posterior elbow splint or sling as requested by MD
- Gentle AAROM/PROM for elbow flexion/extension (pain free)
- Gentle AAROM/PROM supination/pronation, wrist extension, ulnar/radial deviation with elbow at 90 degrees (pain free)
- AROM for finger flexion/extension, Abduction/Adduction
- AROM for the shoulder and scapula as needed
- Ice and compression sleeve for swelling and pain
- Activity modification education and ADL's with palm up only

10 Days to 21 Days/3 Weeks:

- D/C Brace and/or sling
- AROM Shoulder, elbow, wrist and hand
- Gentle PROM to the wrist in flexion with the elbow at 90 degrees
- Isometrics for the shoulder/elbow/wrist except for wrist extension
- Add scar massage/management after sutures removed
- Desensitization as needed
- Continue ice and compression

3 to 6 weeks:

- Continue with AROM/PROM
- Gentle grip exercises (pain free)
- Biceps/Triceps with cuff weight
- Wrist flexion with light weight (in supination)

6-12 Weeks:

- PRE's for the shoulder, elbow and wrist including wrist extension
- Grip and pinch exercises
- Stretching for wrist extensors/flexors as needed
- 8-12 weeks; higher level work/recreational/sports activity training/lifting