



# Elbow Medial/Lateral Epicondyle Debridement or Repair Physical Therapy Protocol

## PHASE 1: Generally 0-1 Week Post-Op

- **General**
  - Splint for one Week
  - Position the extremity in a sling for comfort.
  - Control edema and inflammation: Apply ice for 20 minutes two to three times a day
  - Active shoulder ROM
  - Periscapular exercises
  - Patient should minimize the frequency of any activities of daily living (ADLs)
- **Range of Motion**
  - None
- **Exercises**
  - None

## PHASE 2: Generally 2-4 Weeks Post-Op

- **General**
  - Discontinue sling
  - Edema and inflammation control: Continue to ice application 20 minutes two to three times a day
  - Scar management as needed
  - Wrist brace worn full time
- **Range of Motion**
  - Begin passive range of motion (PROM). Passive motion should be continued and combined with active-assisted motion within end-range of patient's pain tolerance
  - No limits on range of motion; progress gradually
  - Proceed to full range of motion
- **Exercises**
  - Gentle strengthening exercises with active motion and sub maximal isometrics.
  - Continue work / activity modification education.



Dr. Mark Slabaugh

Orthopedics and Joint Replacement | Mercy Medical Center

☎ 410-539-2227 📠 410-539-2240

301 St. Paul Pl. Baltimore MD 21202



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## **PHASE 3: Generally 5-7 Weeks Post-Op**

- **General**
  - Edema and inflammation control with ice application for 20 minutes after activity
  - Modified activities in preparation for beginning functional training
  - Gentle massage along and against fiber orientation
  - Counterforce bracing to common extensor tendon of forearm
  - Start to wean off wrist brace
  - May do dry needling for pain/swelling with activities
- **Range of Motion**
  - No limit
  - Continued emphasis on restoring full A/PROM.
- **Exercises**
  - Strengthening as tolerated to include light weight or theraband. Focus should be on endurance training of wrist extensors (i.e. light weights, higher repetitions per set).
  - Blood flow restriction to increase strength

## **PHASE 4: Generally 8-12 Weeks Post-Op**

- **General**
  - Continue counterforce bracing if needed for patient to completed ADLs and/or strengthening activity pain-free
  - Continue scar massage and modalities
  - Dry needling to help in recovery
- **Range of Motion**
  - No limits
  - Full and pain free
- **Exercises**
  - Begin task-specific functional training
  - Return to higher-level work / recreational activities



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