



KNEEbraska
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LATERAL EPICONDYLITIS POST-OPERATIVE REHABILITATION PROTOCOL

	ROM	IMMOBILIZER	EXERCISE
PHASE I (0-6 WEEKS)	PROM as tolerated	Worn for first 7-10 days post-op	Gentle hand/wrist/elbow/shoulder strength work—no wrist extension
PHASE II (6-8 WEEKS)	Increase ROM to full, begin active wrist extension	NONE	Advance exercise as above to resistive, maintain flexibility/ROM, may begin gentle AROM wrist extension exercises
PHASE III (8-10 WEEKS)	Full and pain-free	NONE	Advance exercise as above, gradual progression to full activity

*NO AROM wrist extension x 6 weeks post-operative