

REHABILITATION PROTOCOL: OPEN LATERAL EPICONDYLITIS TENDON DEBRIDEMENT

- Immobilization:** Posterior splint, elbow immobilization at 90° for 7-10 days

- PHASE 1 (Weeks 1-3)**
 - Acute goals
 - Reduce inflammation
 - Promote tissue healing
 - Retard muscle atrophy
 - Therapeutic exercises
 - Week 1
 - Movement of wrist and fingers
 - Week 2
 - Gentle elbow, wrist, and shoulder ROM started, isometrics and gripping exercises, light elbow activities only
 - Week 3
 - Submaximal isometrics started
 - Begin antigravity wrist flexion, wrist extension, supination, pronation. If painful, utilize counterforce brace during exercise
 - Once patient can perform 30 reps without pain, they can progress to 1-pound weight or light resistance band
 - All exercises are performed with the elbow flexed to 90 degrees and resting on a table or lower extremity
 - Overpressure into extension (3-4 times daily)
 - Continue joint mobilization techniques
 - Biceps, triceps, wrist extension/flexion, supination/pronation
 - Continue use of ice post-exercise

- PHASE 2 (Weeks 3-6)**
 - Goals
 - Increase range of motion
 - Improve strength, power, endurance
 - Initiate functional activities
 - Therapeutic exercises
 - Rotator cuff, elbow, and scapular stabilization training with light resistance
 - Aerobic conditioning on stationary bike or treadmill
 - Overpressure into elbow extension
 - Continue PRE program for elbow and wrist musculature
 - Initiate shoulder program (Thrower's Ten Shoulder Program)
 - Continue joint mobilizaion
 - Continue use of ice post-exercise

PHASE 3 (Weeks 6-12)

- Goals
 - Improve strength, power, endurance
 - Gradual return to functional activities
- Criteria to enter Phase 3
 - Full non-painful ROM
 - No pain or tenderness
- Therapeutic exercises
 - Continue PRE program for elbow and wrist
 - Continue shoulder program
 - Continue stretching for elbow/shoulder
 - Initiate interval program and gradually return to sporting activities
 - Patient is allowed to return to athletics once grip strength is normal