

# MEDIAL EPICONDYLITIS SURGICAL TREATMENT REHABILITATION PROTOCOL

	<b>RANGE OF MOTION</b>	<b>SLING</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-2 weeks	PROM advanced to active as tolerated at wrist, elbow, and shoulder	<b>0-2 weeks:</b> Worn for comfort only, discontinue when comfortable	Gentle elbow/hand/wrist ROM and stretching, isometric hand/wrist/elbow/shoulder strengthening  <b>No wrist flexion, supination or pronation against resistance</b>
<b>PHASE II</b> 2-6 weeks	Increase to full as tolerated	None	Progress ROM, scar massage and desensitization, light grip strength
<b>PHASE III</b> 6-8 weeks	Full, pain free ROM	None	Begin wrist flexion, supination, and pronation against resistance  Began band strengthening, progress to dumbbells as tolerated
<b>PHASE IV</b> 8-12 weeks	Progress to full without discomfort	None	Advance strength training as tolerated  Begin eccentrically resisted motions and closed chain activities  Advance to sport and full activity as tolerated after 12 weeks

\*\*Patient scripts may vary- please follow script if different