

Rehabilitation Protocol: Elbow Lateral Epicondylitis and Common Extensor Repair

Phase 1 (Weeks 0-2)

- Splint/sling worn full-time
- Work on finger motion
- No formal physical therapy

Phase 2 (Weeks 2-6)

- **Sling:** Discontinue splint/sling
- **Brace:** Wrist brace for support during activities. May remove at rest and for rehab exercises.
- **Range of Motion:** Active and gentle Active-Assist elbow/wrist ROM. Avoid passive ROM.
- **Therapeutic Exercises:**
 - Isometric shoulder/elbow/wrist/hand exercises, except wrist extension
 - Stationary bicycle/trainer (avoid pressure on operative arm)
 - 0.5 lb lifting restriction

Phase 3 (Weeks 6-8)

- **Range of Motion:** Add progressive stretch to elbow and wrist as needed
- **Brace:** Wrist brace for support during activities. May remove at rest and for rehab exercises.
- **Therapeutic Exercises:**
 - Advance to 2 lb. lifting restriction with operative arm
 - Begin gentle wrist extension exercises
 - May use elliptical trainer without applying force through the operative arm
 - May return to running

Phase 4 (Weeks 8-12)

- **Range of Motion:** Full elbow/wrist ROM
- **Brace:** Discontinue wrist brace
- **Therapeutic Exercises:**
 - Gradually progress full weightbearing/lifting with the operative arm
 - Weights
 - Emphasize appropriate lifting mechanics
- Return to outdoor sports/recreation when cleared by Dr. Gross (usual return to these activities is around 3-4 months after surgery)