



# LATERAL EPICONDYLITIS ('TENNIS ELBOW') / MEDIAL EPICONDYLITIS ('GOLFER'S ELBOW') DEBRIDEMENT & REPAIR Physical Therapy Protocol

Patient Name: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

\_\_\_\_\_ Evaluate and Treat

\_\_\_\_\_ Provide patient with home program

Frequency: \_\_\_\_\_ x/week x \_\_\_\_\_ weeks

## \_\_\_\_\_ Phase I: 0-6 weeks

- Posterior mold splint and sling until first post-op visit.
- Splint removed and use of cock up wrist splint for weeks 2-6.
- Advance PROM into AAROM and AROM as tolerated.
- No resisted supination or pronation.
- No lifting.
- Desensitization and scar massage as soon as sutures are removed.

## \_\_\_\_\_ Phase II: 6-12 weeks

- Once motion achieved, progress into bands.
- Lifting initiated in forearm supination or neutral.
- Light lifting with pronation initiated as tolerated by week 9.

## \_\_\_\_\_ Phase III: 12-16 weeks

- Progress lifting in all forearm positions as tolerated.
- Full return to activity as tolerated.

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient \_\_\_\_\_ would \_\_\_\_\_ would not benefit from social services.

Physician Name: \_\_\_\_\_ Date: \_\_\_\_\_