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LATERAL EPICONDYLITIS DEBRIDEMENT & REPAIR

<u>Postop</u>	<u>Range of Motion</u>	<u>Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-6 PT 1-2x/week HEP daily	Passive ROM as tolerated	Wrist immobilizer for first 7-10 days post-op	NO active wrist extension for 6 weeks post-op Gentle hand/wrist/elbow/shoulder stretching Isometric hand/wrist/elbow/shoulder strengthening – avoid wrist extension
Phase II Weeks 6-8 PT 1-2x/week HEP daily	Increase range of motion to full, begin active wrist extension	None	Advance strengthening exercises in phase I to resistive. Maintain flexibility/ ROM Begin gentle active wrist extension exercises
Phase III Weeks 8-10 PT 2-3x/week HEP daily	Full and pain-free	None	Advance phase II activities Gradual progression toward return to full activity

IF QUESTIONS: PLEASE CALL 469-800-7200