

Dr. Stephanie Muh Protocol	
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Lateral Epicondylectomy	
<p>Phase I: Days 1-7</p> <ul style="list-style-type: none"> • Movement of the wrist and fingers for 2 minutes, 3-5x/day • Ice and NSAIDs are utilized for pain control • The patient is also educated on the signs of wound infection; including excessive swelling, redness, excessive heat, oozing from the incision, a dramatic increase in pain or a fever greater than 100° for more than one day • Day 3 shoulder ROM is started. 	
<p>Phase I: Days 7-17</p> <ul style="list-style-type: none"> • More aggressive ROM is encouraged in and out of the shower • Goals for day 17 are 80% of normal elbow ROM • The arm can be used for light activity only <p>Phase I: Days 18-21</p> <ul style="list-style-type: none"> • Sub maximal Isometrics are started • The patient begins antigravity wrist flexion, extension, supination and pronation without pain • If painful the patient is instructed to utilize a counterforce brace during exercising • Once the patient can perform 30 repetitions, without pain, they can progress to a 1-pound weight or light resistance band. All exercises are performed with the elbow bent to 90° and resting on a table or the lower extremity 	
<p>Phase II: Weeks 3 – 6</p> <p>Goals: Pain level less than pre-surgery level Full ROM.</p> <ul style="list-style-type: none"> • Therapeutic exercises: Rotator cuff, elbow and scapular stabilization training with light resistance Aerobic conditioning on a stationary bike or treadmill Light stretching is encouraged at this stage with emphasis on end range and passive overpressure Progressive resistive exercises – strengthening wrist flexion, extension, supination/pronation, ulnar and radial deviation. Progress the patient from a flexed and elbow supported elbow to a fully extended and unsupported elbow Pain free grip strengthening with putty or ball Utilize counterforce brace during exercise if pain continues • Gentle soft tissue mobilization/massage along and against fiber orientation • Consider use of ice after exercise. 	
<p>Phase III: Weeks 8 – 12</p>	

- Begin task specific functional activities
- Return to sport activities
- Continue counterforce bracing if needed
- Continue wrist, elbow, shoulder and scapular strengthening
- Patient is allowed to return to athletics once their grip strength is normal.