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LATERAL AND MEDIAL EPICONDYLITIS POSTOPERATIVE PROTOCOL

0-3 Weeks

- Sling is worn until first follow up visit
- Begin passive and active assisted elbow range of motion with goal to regain full elbow range of motion
- Return visit to the office a 2 week appointment

3-6 Weeks

- Discontinue sling
- Begin active elbow range of motion with focus on progression to full range of motion
- May progress to gentle elbow and wrist strengthening exercises as tolerated
- Return visit to the office a 6 weeks appointment

6-12 Weeks

- Full active elbow, wrist and hand range of motion
- Progressive elbow, wrist and hand strengthening exercises
- Return to the office for a 12 week appointment

3-6 Months

- Continue elbow, wrist and hand range of motion and strengthening exercises as needed

This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.