



Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy Protocols
Brad E. Brautigam MD

Rehabilitation Guidelines for Medial/Lateral Epicondyle Debridement

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

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

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

>12 Weeks:

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