

Lateral Epicondylitis Postop Protocol

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General Notes:

- Initial postop splint used for approximately 1 week

Postop Week	Weightbearing	Splint/Brace	ROM	Exercise
Phase I Week 0 - 1	NWB	Postop splint remains on at all times	<u>Wrist:</u> - None <u>Elbow:</u> - No motion	Scapular retraction, traps, emphasize posture
Phase II Week 1 - 2	NWB	Sling for comfort measures only Wrist splint on at all times except showers/bathing.	<u>Wrist:</u> - No motion <u>Elbow:</u> - With wrist splint on, progress PROM/AAROM/AROM as tolerated <u>Shoulder:</u> - ROM as tolerated	Phase I above
Phase III Week 2 - 6	NWB	Sling for comfort measures only Wrist splint on at all times except showers/bathing.	<u>Wrist:</u> - With elbow at 90 deg flexion, start PROM as tolerated with forearm in position to eliminate gravity <u>Elbow:</u> - With wrist splint on, progress PROM/AAROM/AROM as tolerated <u>Shoulder:</u> ROM as tolerated	Phase II above
Phase IV Week 6 - 12	5lbs	Wrist splint discontinued for ADLs but use for other activities such as carrying or prolong computer or desk work	<u>Wrist:</u> - Progress PROM/AAROM/AROM of the wrist <u>Elbow:</u> - Progress PROM/AAROM/AROM of the elbow <u>Shoulder:</u> ROM as tolerated	Phase III above Progress wrist strengthening as tolerated. Progress shoulder, posture, core exercise while wrist splint in place.
Phase V Week 12 and beyond	No restriction	No brace	<u>Wrist:</u> - Full ROM <u>Elbow:</u> - Full ROM <u>Shoulder:</u> ROM as tolerated	Continue Phase IV Sport specific/activity specific drill or exercise Return to sports / activity once full painless ROM and full strength

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Notes:

Adapted from:

Thornton et al AJSM 2005

Clark et al Arthroscopy 2018

Donaldson et al Arthrosc Tech 2019