



Lateral Epicondylitis Debridement Therapy Instructions Laith Al-Shihabi, MD

2-4 weeks

Splint:

- Fashion removable long-arm splint holding the elbow in 90 degrees of flexion and forearm in neutral at 2 week postoperative visit.
- Splint is to be worn at all times except for therapy.

Motion:

- Begin active and passive elbow extension and flexion in therapy.
- No lifting/carrying/pushing until 6 weeks.

4-6 weeks

Splint:

- Wean from splint and discontinue by 6 weeks.

Motion:

- Continue motion exercises as above.

Edema Control:

Per therapist.

6 -10 weeks

Splint:

- No longer necessary.

Motion:

- Continue motion exercises.

Strengthening:

- Begin forearm and elbow strengthening at 6 weeks.
- 5 lbs lifting restriction starting at 8 weeks.
- Transition to home exercise program vs. work or sport-specific conditioning at 6-8 weeks.

10-12+ weeks

Return to full activity as tolerated.