

## **Elbow Epicondylitis Debridement Post-Operative Rehabilitation**

The following program is a suggested program after elbow epicondylitis debridement surgery. Each patient will have different variables, such as severity of injury, length of time of the injury, which will determine the rate the athlete may progress safely and effectively. The patient should proceed at a rate as advised by the physician.

### 0-2 weeks:

Elbow is immobilized in a splint. Squeeze a soft ball as comfort permits.

### 2-4 weeks:

Splint is removed and sutures are taken out by physician's office at 10-14 days. Gentle passive and active elbow, wrist, and hand range of motion exercises. Active shoulder exercises should begin.

*LIFTING AND RESISTED WRIST AND FINGER DORSIFLEXION ARE AVOIDED.*

### 4-6 weeks:

Light resisted isometric exercises are begun by 4 weeks. Progressive strengthening, including isotonic exercises, is initiated by 6 weeks.

Apply ice as needed after each session.

### 3-4 months:

Patient returns to lifting activities or athletics. As activities begin, a body-conditioning program is conducted, as well as continued elbow strengthening and endurance exercises. May include running and bicycling. An easy tossing program is begun followed by a throwing program, if applicable.