

**REHABILITATION PROTOCOL:  
LATERAL/MEDIAL EPICONDYLAR DEBRIDEMENT AND REPAIR**

**SAM FULLER, M.D.**

**Postoperative rehabilitation**

**3-5 days postop**

- Remove post op dressing and fabricate a long arm splint with wrist included, forearm neutral, and elbow at 90°.
- Initiate AROM of the elbow, wrist, and forearm within a pain free range.

**4 weeks postop**

- Goal is for full elbow ROM. Exercise should feel like a stretch but not cause extreme pain.
- Initiate gentle strengthening with isometrics/concentric/eccentric 1#.
- Educate patient on proper lifting ergonomics using supinated forearms for lifting.
- Pronated lifting should be avoided for lateral repair. Supinated lifting should be avoided for medial repair.

**4-6 weeks postop**

Discontinue long arm splint on a per patient basis, based on symptoms.

**6-8 weeks postop**

Return to activities. Initiate work related strengthening.

**8-12 weeks postop**

Progressive strengthening as tolerated.