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EPICONDYLAR REPAIR PROTOCOL

Phase I (Weeks 2 to 4)

Goals:

- Protect healing structures
- Minimize postoperative pain
- Maximize elbow active and passive ROM

Treatment:

- Full elbow ROM is allowed
- No wrist strengthening, wrist ROM is allowed
- Ice and modalities as needed for pain and inflammation
- AROM and PROM for elbow
- Begin elbow AROM strengthening
- Begin wrist ROM to pt tolerance

Phase II (Weeks 4 to 8)

Goals:

- Protect healing structures
- Full ROM of elbow and wrist joints
- Maximize strength of elbow and wrist joints

Treatment:

- Wrist and elbow stretching as tolerated
- Wrist and elbow strengthening
 - Elbow PRE's at week 4
 - Wrist PRE's at week 6
- Ice and modalities as needed for pain and inflammation

Phase III (Week 8 and beyond)

Goals:

- Maximize strength of wrist and elbow musculature
- Return to pain-free sports and/or work activities

Treatment:

- Aggressive wrist and elbow strengthening as indicated
- Work and sport functional progression