

REHABILITATION PROTOCOL

Lateral Epicondylar Debridement with Common Extensor Repair

Patient Name: _____ Date of Surgery: _____

Surgery Details: _____

Days 1-14

1. Keep elbow in splint until your follow up appointment.
2. Sleep on your back, if possible, with the arm up on a pillow either on your stomach or by your side
3. Be sure to maintain full shoulder motion. Move your shoulder through the full range of motion several times each day.
4. **Starting day 1:** Begin moving your fingers and wrist for 2 minutes, 3-5 times a day.
5. You may shower on the bathe/shower the **day** after surgery. Cover the splint with a plastic bag or use handheld shower head. **Do not get splint wet.**
6. Ice several times a day for 10-20 minutes at a time if pain or swelling persists.

Day 14 -Week 4

1. Your splint will be removed at your first post-operative appointment. You will be placed in a removable Velcro wrist splint.
2. Begin limbering elbow more aggressively with bending and straightening motions.
3. **By day 21:** About 80% of elbow motion return is average.
4. Continue working on moving the wrist, fingers, and forearm several times a day.
5. Use arm for light activities.
6. No heavy lifting, nothing greater than 5 pounds in the hand/wrist.

Weeks 5-6

1. Use wrist brace with exercises and daily activities.
2. Actively bend and straighten elbow through the fullest possible range.
3. Begin tennis elbow exercise protocol but start with only 5 repetitions and slowly progress as able.

Tennis Elbow Program (may use bands or hand weights):

The tennis elbow exercise program is designed to progressively strengthen but not overly stress the muscles involved. Mild muscular soreness and or fatigue following exercise is normal. Ice may be utilized to help control discomfort.

- Wrist Curls
- Wrist Extensions
- Forearm Supination
- Forearm Pronation

6-12 weeks

1. Continue to progress the elbow exercise protocol, adding light weights when you can do 3 sets of 10 repetitions (per protocol).
2. Use counter-force brace with comfortable tension for exercises.
3. Increase use of arm over 6-12 week period for normal activities.
4. Partial relief of pre-surgery pain is usually noted in the 6-12 week period.
5. Maintain as high a level of aerobic activity as you did preoperatively (walking, jogging, etc). Use counter-force brace during strenuous activities. If you note increased pain, you may have over stressed the arm.
6. Use ice as needed for 10-20 minutes to relieve pain.
7. Decrease your activity level, and progress more slowly.

12+ weeks

1. Begin gentle sport specific training- chip, putt, hit tennis ball against wall.
2. Resume regular weight lifting program as tolerated.
3. Continue tennis elbow exercise program.

Return to Activities:

Golf: 8 weeks chip and putt/ 4 months full game

Tennis: 12 weeks ground strokes/ 4-6 months full match

I hereby certify these services as medically necessary for the patient's plan of care.

Physician's Signature

Date: _____

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