

NewportCare Medical Group

Lucas Wymore MD

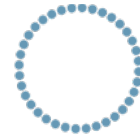
Sports Medicine

Office Phone:949-491-9991

40700 California Oaks Drive, Suite 205

Murrieta, CA 92592

Fax: 949-612-9795



NewportCare®

LATERAL EPICONDYLITIS POST-OPERATIVE REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE*
PHASE I 0-6 weeks	Passive ROM as tolerated	Worn for first 7-10 days post-operative if needed	Gentle hand/wrist/elbow/shoulder stretching, isometric hand/wrist/elbow/shoulder strengthening - avoid wrist extension
PHASE II 6 - 8 weeks	Increase range of motion to full, begin active wrist extension	None	Advance strengthening exercises in phase I to resistive, maintain flexibility/ROM, begin gentle active wrist extension exercises
PHASE III 8 - 10 weeks	Full and pain-free	None	Advance phase II activities, gradual progression toward return to full activity

*NO active wrist extension for 6 weeks post-operative