

LATERAL EPICONDYLITIS DEBRIDEMENT REHAB PROTOCOL

	Range of Motion	Immobilizer	Therapeutic Exercise
Phase I 0-4 Weeks	Passive ROM as tolerated	<ul style="list-style-type: none"> • Cock up wrist splint used first four weeks to rest wrist extensors • May remove for hygiene and exercises • Will use at night 	<ul style="list-style-type: none"> • Gentle shoulder / elbow / wrist / hand stretching • Isometric shoulder / elbow / wrist / hand strengthening • Avoid active wrist extension x 4 weeks
Phase II 4-8 Weeks	Begin active wrist extension Increase to full ROM	None	<ul style="list-style-type: none"> • Maintain flexibility • Begin active wrist extension exercises • Advance strengthening exercises to resistive at week 6
Phase III 8-10 Weeks	Full and pain free	None	<ul style="list-style-type: none"> • Advance phase II activities and gradually progress to return to full activity