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Lateral Epicondylitis Postop Rehab Protocol

| | Range of Motion | Splint | Exercises |
|--------------------------------|--|--|---|
| Phase I 0-6 weeks | 0-2 Weeks: None, in splint Passive ROM as tolerated | Worn for first 10-14 days post op None after first postop appointment | Gentle hand/wrist/elbow/shoulder stretching, isometric hand/wrist/elbow/shoulder strengthening NO active 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 | Advanced phase II activities Gradual progression toward return to full activity |