



**EPICONDYLITIS  
DEBRIDEMENT/REPAIR  
LATERAL / MEDIAL**



**Physical Therapy Prescription**

\*\*\*Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121\*\*\*

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Diagnosis:** R / L Epicondylitis Debridement + Repair – LATERAL / MEDIAL

**Frequency:** 2-3 times per week for \_\_\_\_\_ weeks, Therapy to start 3-5 days after surgery

**Phase I: Early ROM & Protect Repair (0 to 2 weeks)**

- Operative Splint to be removed at first post-op visit
- Universal wrist splint to be placed once operative splint removed and worn at all times other than when performing exercises
- No strengthening or repetitive exercises
- Shoulder/Elbow/Wrist/Hand active and passive ROM. Initial focus should be on regaining terminal elbow extension.
- Use elevation and ice to treat elbow/forearm/hand swelling

**Phase II: Full ROM (2-6 weeks)**

- Continue to wear wrist splint for ADLs
- No strengthening or repetitive exercises
- Gradually increase A/PROM exercises. Goal to have full ROM by 4-6 weeks postop. Begin Shoulder isometrics (scapula, abduction, ER, avoid IR resistance)

**Phase III: Strengthening a return to activities (>6 weeks)**

- May discontinue wrist splint and wear counterforce brace until asymptomatic with full ROM and normal strength
- Avoid pain. If exercises are causing pain, drop back to early phase until pain free
- Continue with ROM and add strengthening exercises starting with isometrics.
- Advance to resistance exercises and eccentric strengthening as tolerated. Use modalities as needed.
- Return to full activities is typically 12-16 weeks after surgery

Signature: \_\_\_\_\_

Date:  
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