

Patient: _____ Date of Surgery: _____

Procedure: Right/Left Lateral Epicondylitis Debridement and Repair

Associated Procedure (circled if applicable): Lateral ligament repair – If performed no valgus for 3 months and brace hinged unlocked for first 6 weeks

Week 1: No formal PT. Splint and sling for 1 week to be removed either in PT or with MD guidance.

AVOID ANY VALGUS UNTIL 3 MONTHS POST-OP

Phase I (1-6 wks): *Period of protection*

Weight bearing: <2 lb weight limit, ok for ADL use below this limit.

Brace: Removable wrist splint except for exercises and hygiene. Hinged elbow brace if lateral ligament repair performed.

Ice: Not directly on skin, recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.

ROM: Passive ROM as tolerated, goal of full by 30 days postop.

Exercises: Gentle hand, wrist, and shoulder stretching, isometric strengthening of upper extremity. **AVOID WRIST EXTENSION**

Phase II (7-8 wks): *Transition to active wrist extension*

Weight bearing: Progress to full, avoid valgus if lateral ligament repair performed.

Brace: Discontinued

ROM: Full, no limitation.

Exercises: Advance strengthening exercises in phase I to resistive, maintain flexibility/ ROM, begin gentle active wrist extension exercises

Phase III (8-12 wks): *Begin more aggressive strengthening*

Weight bearing: Full

Brace: None

ROM: Full

Exercises: Grip strengthening, cuff and periscapular strengthening. Advance slowly to full, ok for activity specific training starting at 8-10 weeks if progressing well

Frequency: _____ x/week x _____ weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

Date: _____

Dax Varkey MD, MPH