

Lateral Epicondylitis Post-Operative Rehabilitation Protocol

	Brace	Range of Motion	Exercises
Phase 1 0-6 weeks	Splint until first post-op visit then cock-up wrist splint	None in splint Advance to PROM to AROM	Desensitization and scar massage once sutures removed and wound healed No lifting No resisted supination or pronation
Phase 2 6-10 weeks	None	Full and pain free	May progress to band exercises when full AROM achieved Initiate light lifting with forearm in supination or neutral Light lifting with pronation initiated at week 9
Phase 3 10-16 weeks	None	Full and pain free	Progress strengthening and gradual return to full activity when full strength achieved.
PROM: passive range of motion; AROM: active range of motion			