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Physical Therapy Rehabilitation following Lateral Epicondylitis Debridement

The following is a basic framework from which to work during rehabilitation following Lateral Epicondylitis Debridement. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

Instructions:

- 0-6 Weeks:** Posterior mold splint and sling until first post-op visit
 Splint removed and use of cock up wrist splint for weeks 2-6
 Advance PROM into AAROM and AROM as tolerated
 No resisted supination or pronation
 No lifting
 Desensitization and scar massage as soon as sutures are removed
- 6-12 Weeks:** Once motion achieved, progress into bands
 Lifting initiated in forearm supination or neutral
 Light lifting with pronation initiated as tolerated by week 9
- 12-16 Weeks:** Progress lifting in all forearm positions as tolerated
 Full return to activity as tolerated

Modalities

Heat before therapy, cryotherapy afterwards. Remaining modalities as per treating therapist.

Frequency: 2 times/week

Duration: 6 weeks