



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

MEDIAL EPICONDYLE DEBRIDEMENT REHABILITATION PROTOCOL

Name: _____ **Date:** _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

Week 1:

- Wear splint for 7-14 days after surgery.
- Active shoulder ROM
- Ice 2-5 times daily to reduce swelling

Weeks 2-4:

- Remove splint
- Begin passive and active hand, wrist and elbow ROM.
- Gentle strengthening exercises with active motion
- Continue shoulder Strengthening and ROM

Weeks 4-8:

- Gentle isometrics may begin
- At week 6, may advance to more rigorous, resistive exercises including wrist flexion and forearm pronation
- Gentle massage along and against fiber orientation
- Counterforce bracing as needed
- A progressive strengthening program may follow

Weeks 8-12:

- Continue counterforce bracing if needed
- Begin task-specific functional training
- Return to sport or activities by 3-6 months postoperatively

Comments:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities:

___ Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis

___ TENS ___ Heat before/after ___ Ice before/after ___ Trigger points massage

___ Therapist's discretion

___ Other _____

Signature: _____ **Date:** _____