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POST-OP GUIDELINES FOR LATERAL EPICONDYLE DEBRIDEMENT

Phase I

- Immobilization only for comfort
- AROM (pain free) for shoulder/elbow
- Modalities for pain, inflammation edema
- • Patient education: avoid/limit ADL stressing extensor tendon mechanism
- **Phase II** (approximately 6 weeks postoperative)
- Begin light multi joint shoulder, scapula, elbow strengthening (avoiding positions of elbow extension)
- Begin strengthening of wrist flexors/forearm pronator in protective arcs
- Begin AROM for wrist extension
- Begin flexibility exercises for wrist extensor mechanism

Phase III

- Advance to resistive wrist extension/radial deviation/forearm supination with elbow flexed (monitoring symptoms)
- Continue strengthening for full upper extremity
- Continue flexibility exercises

Phase IV

- Continue aggressive upper extremity strengthening
- Begin wrist and forearm strengthening with elbow in extension
- Continue flexibility exercises
- Begin activity specific, functional exercises, neuromuscular drills, and endurance training

Phase V

- Begin sport-specific interval program
- Biomechanical or ergonomic assessment and adjustment
- Maintenance program for strength and flexibility