

Official Health Care Partner



UAB MEDICINE

ORTHOPAEDIC SURGERY

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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY PROTOCOL – Lateral Epicondylitis Open Debridement and Repair (Tennis elbow)

Phase I: 0-1 weeks

- Quiet in sling
- Weight bearing status: NWB
- In arm splint

Phase II: 1-2 weeks

- WB status: NWB
- ROM: progress slowly to full active and passive
- Brace: wrist Velcro splint (on at all times except bathing and hygiene)

Phase III: 2-4 weeks

- WB status: limit < 5 lbs
- ROM: full active and passive
- Brace: wrist Velcro splint (on at all times except bathing and hygiene)

Phase IV: 4-8 weeks

- WB status < 10 lbs
- ROM: full active and passive
- Brace: counterforce brace (discontinue the Velcro wrist splint)
- Start gentle strengthening at 6 weeks

A full recovery can take 3+ months.