



Matthew Gotlin, MD
159 East 74th Street
New York, NY 10021

REHAB PROTOCOL: Debridement Of Medial Epicondylitis And Reattachment Of Flexor Pronator Mass (partial or complete tears)

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Protection phase)

Week 1:

- Elbow is immobilized in a posterior plaster splint with elbow in flexion and wrist in neutral and included in splint
- Dressing change: 7-10 days after surgery

Week 2-6:

- Transition to Bledsoe elbow brace
- Therapist supervised passive elbow/wrist flexion exercises followed by active assisted starting at 4 weeks
- No grip strengthening or resistance exercises of wrist
- No pulley exercises or exercises involving hand gripping as they put stress on repair

Phase II (active range of motion): weeks 6-12

- Discontinue the use of the Bledsoe Brace (between 4-6 weeks)
- Elbow, forearm and wrist active assisted and active ROM; wrist ROM initially with elbow in flexion and subsequently can be done with elbow in extension
- Begin isometric strengthening exercises for wrist, forearm, elbow and shoulder starting at 10 weeks
- End range stretching to start at 10 weeks
- Valgus stress on the elbow is avoided until at least 3 months after surgery

159 East 74th Street
New York, NY 10021
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310
Scarsdale, NY 10583
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100
Westbury, NY 11590
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road
Staten Island, NY 10306
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue
Brooklyn, NY 11201
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13th Street, 6th Floor
New York, NY 10077
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard
North Bergen, NJ 07047
Tel: 212-737-3301 Fax: 212-734-0407

Phase III (strengthening phase): 3 month and beyond

- Continue strengthening of elbow and wrist- isometric, resistance strengthening- bands and light weights
- Lifting weights, pushups, return to throwing starting 3.5-4 months
- Return to competition is permitted when the following conditions are met:
 - Trunk, scapula, shoulder and arm muscle strength and balance have returned to normal
 - There is no pain while throwing
 - Throwing balance, rhythm, and coordination have been reestablished

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____