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REHAB PROTOCOL: Surgical Release for Lateral Epicondylitis

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I –Days 1-7

• Goals

- o Improve/regain of range of motion
- o Retard muscular atrophy
- o Decrease pain/inflammation

• Day 1-7

- o Movement of wrist and fingers for 2 minutes (3-5x/ day)
- o Ice and NSAIDs used for pain control
- o Look for signs of wound infection:
 - ☐ Excessive swelling, warmth, redness, oozing from the incision, fever
- o Day 3: Showering is allowed, with bandages off
- o Gentle pain-free elbow, wrist and shoulder ROM is started
- o Compression/ice 4-5 times daily

• Day 7-17

- o More aggressive ROM encourage in and out of shower
- o Goal for day 17 are 80% of normal elbow ROM
- o Resume light elbow activities only
- o Continue isometrics and gripping exercises
- o Continue use of ice

• Day 18-21

- o Sub maximal isometrics are started
- o Begin antigravity wrist flexion, extension, supination and pronation without pain
 - ☐ If painful: utilize counterforce brace during exercise
- o Once patient can perform 30 reps without pain they can progress to a 1-pound weight or light resistance band.

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- ☐ All exercises are performed with the elbow bent to 90⁰ and resting on a table or lower extremity
- o Overpressure into extension (3-4 times daily)
- o Continue joint mobilization techniques
- o Biceps, triceps, wrist flex/ext, sup/pronators
- o Continue use of ice post-exercise

Phase II –Intermediate Phase

• Goals

- o Increase range of motion
- o Improve strength/power/endurance
- o Initiate functional activities

• Week 3 to 6

- o Therapeutic exercises:
 - ☐ Rotator cuff, elbow and scapular stabilization training with light resistance
 - ☐ Aerobic conditioning on stationary bike or treadmill
- o Overpressure into elbow extension
- o Continue PRE program for elbow and wrist musculature
- o Initiate shoulder program (Thrower's Ten Shoulder Program)
- o Continue joint mobilization
- o Continue use of ice post-exercise

Phase III –Advanced Strengthening Program

• Goals

- o Improve strength/power/endurance
- o Gradual return to functional activities

• Criteria to Enter Phase III

- o Full non-painful ROM
- o No pain or tenderness

• Week 8 to 12

- o Continue PRE program for elbow and wrist
- o Continue shoulder program
- o Continue stretching for elbow/shoulder
- o Initiate Interval program and gradually return to sporting activities
- o Patient is allowed to return to athletics once their grip strength is normal.

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____