

Post OP Rehabilitation Elbow Arthroscopy and Lateral Epicondyle Debridement

Diagnosis: Lateral epicondylitis

Frequency: 2-3 visits/week Duration: 4 months

Acute Phase (weeks 1 – 6)

Emphasis on progress elbow ROM as tolerated (no restrictions)

Avoid overloading wrist extensors during this phase

Assess scapulothoracic and glenohumeral rhythm and correct any abnormalities

Upper body ergometer

Modalities as indicated

Daily HEP

Functional Phase (weeks 6 – 12)

Continue exercises from prior phase

Continue to emphasize elbow ROM

Elbow and forearm strengthening

Begin PNF patterns

Begin endurance training

Modalities as indicated

Daily HEP

Maintenance Phase (weeks 12+)

Progress stretching and strengthening program

Functional and sport specific training

Phase out supervised rehab

Advance home program to be done daily