

## **MEDIAL EPICONYLITIS OPEN DEBRIDEMENT AND REPAIR POST-OPERATIVE PHYSICAL THERAPY PROTOCOL**

### **IMMEDIATE POSTOPERATIVE PHASE**

**Goals** Protect healing tissue  
Decrease pain/inflammation  
Retard muscular atrophy  
Avoid strengthening the flexor mass muscle group during this initial phase to allow for healing at medial epicondyle

#### **Weeks 1-2**

- Brace: 90 degrees elbow flexion
- Cryotherapy: To elbow joint
- Active assisted ROM
- Brace: Elbow ROM 0-120 degrees(Gradually increase ROM – 5 degrees, Ext/10 degrees of Flex per week)
- Continue wrist ROM exercises
- Initiate light scar mobilization incision
- Cryotherapy to elbow

### **INTERMEDIATE PHASE**

**Goals** Gradual increase to full ROM  
Promote healing of repaired tissue  
Regain and improve muscular strength  
Restore full function of graft site

#### **Weeks 3-4**

- Brace: Elbow ROM 0-140 degrees
- Continue all exercises listed above
- Elbow ROM in brace
- Initiate active ROM Wrist and Elbow (No resistance)
- Initiate light wrist flexion stretching
- Initiate active ROM shoulder:
  - ER/IR tubing
  - Elbow flex/extension

- Lateral raises
- Initiate light scapular strengthening exercises
- May incorporate stationary bike for lower extremity
  - D/C brace and use wrist splint
  - Begin light resistance exercises for arm (1 lb.)
    - Wrist curls, extensions, pronation, supination
    - Elbow extension/flexion
  - Progress shoulder program emphasize rotator cuff and scapular strengthening
  - Initiate shoulder strengthening with light dumbbells

## **ADVANCED STRENGTHENING PHASE**

**Goals** Increase strength, power, and endurance  
 Maintain full elbow ROM  
 Gradually initiate sporting activities

### **Weeks 6-18**

- ROM: Elbow ROM 0-135 degrees
- Continue all Exercises: Progress all shoulder and UE exercises
- Progress elbow strengthening exercises
- Initiate shoulder external rotation strengthening
- Initiate eccentric elbow flexion/extension
- Continue isotonic program: forearm & wrist
- Initiate plyometric exercise program (2 hand plyos close to body only)
  - Chest pass
  - Side throws close to body
- Continue stretching calf and hamstrings
- Continue all exercises listed above
- Program plyometrics to 2 hand drills away from body
  - Side to side throws
  - Soccer throws
  - Side throws
- Initiate isotonic machines strengthening exercises (if desired)
  - Bench press (seated)
  - Lat pull down
- Initiate golf, swimming
- Continue strengthening program
- Emphasis on elbow and wrist strengthening and flexibility exercises
- Maintain full elbow ROM
- Initiate one hand plyometric throwing (stationary throws)
- Initiate one hand wall dribble
- Initiate one hand baseball throws into wall

