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LATERAL EPICONDYLITIS RELEASE REHABILITATION PROTOCOL

Patient:

Date of Surgery:

0 - 2 Weeks

- Active ROM shoulder/elbow/wrist/digits as tolerated
- Icing as needed
- Sling for comfort

2 - 4 Weeks

- Commence gentle PROM and active assisted ROM
- Scar massage
- Wrist exercises with elbow in flexion
- Wean sling

5 - 6 Weeks

- Progress wrist exercises with elbow in extension
- Continue scar massage
- Commence light strengthening exercises (without reproducing pain)

6 - 12 Weeks

- Progress strengthening for elbow and wrist
- Return to normal physical work duties

Special Instructions/Modifications to Protocol:

PLEASE SEE RE: REHAB as per PROTOCOL

THANK YOU!