

## Medial Epicondylitis Debridement Physical Therapy Protocol/Prescription

**Name:** \_\_\_\_\_**Date:** \_\_\_\_\_**Diagnosis:** \_\_\_\_\_**Date of Surgery :** \_\_\_\_\_**Week 1:**

- Wear splint for 7-14 days after surgery.
- Active shoulder ROM
- Ice 2-5 a time daily to reduce swelling

**Weeks 2-4:**

- Remove splint
- Begin passive and active hand, wrist and elbow ROM.
- Gentle strengthening exercises with active motion
- Continue shoulder Strengthening and ROM

**Weeks 4-8:**

- Gentle isometrics may begin
- At week 6, May advance to more rigorous, resistive exercises including wrist flexion and forearm pronation
- Gentle massage along and against fiber orientation
- Counterforce bracing in needed
- A progressive strengthening program may follow.

**Weeks 8-12:**

- Continue counterforce bracing if needed
- Begin task-specific functional training
- Return to sport or activities by 3-6 months postoperatively

**Comments:****Frequency:** \_\_\_\_\_ **times per week****Duration:** \_\_\_\_\_ **weeks****Signature:** \_\_\_\_\_**Date:** \_\_\_\_\_