

Elbow Medial Epicondylitis: Post-Operative Flexor-Pronator Repair/Debridement PT Protocol

- A. 0-2 weeks post-op
 - 1. Elbow supported in sling (90°) + wrist brace: Wear at all times except hygiene and PT
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. Exercise
 - a. Gentle P-AAROM to tolerance: fingers, hand, wrist, elbow, forearm
 - b. Shoulder ROM, while protecting operative site
- B. 2-6 weeks post-op
 - 1. Continue use of wrist brace, wean from shoulder sling
 - 2. Continue cryotherapy and modalities as indicated
 - 3. Exercise
 - a. Restore ROM to all joints UE: gentle P/AA/AROM
 - b. Light, progressive shoulder/RC strength, while protecting operative site
- C. 6-12 weeks post-op
 - 1. Wean from wrist brace
 - 2. Continue cryotherapy and modalities as indicated
 - 3. Exercise
 - a. Light, progressive strength: Grip, wrist, forearm, elbow
 - b. Progressive shoulder/RC strength work
- D. 12 weeks post-op
 - 1. Initiate appropriate sport specific exercise
 - 2. Initiate appropriate interval programs