

**Lateral Epicondylitis Post-Operative Protocol**  
**Steven E. Flores, MD**

	<b>Range of Motion</b>	<b>Immobilizer</b>	<b>Therapeutic Exercise</b>
<b>Phase I 0-6 Weeks</b>	Passive ROM as tolerated	Worn first 7-10 days post operative	<ul style="list-style-type: none"> <li>• Gentle shoulder / elbow / wrist / hand stretching</li> <li>• Isometric shoulder / elbow / wrist / hand strengthening</li> <li>• <b>Avoid wrist extension x 6 wks</b></li> </ul>
<b>Phase II 6-8 Weeks</b>	Increase to full ROM Begin active wrist extension	None	<ul style="list-style-type: none"> <li>• Advance strengthening exercises to resistive</li> <li>• Maintain flexibility</li> <li>• Begin active wrist extension exercises</li> </ul>
<b>Phase III 8-10 Weeks</b>	Full and pain free	None	<ul style="list-style-type: none"> <li>• Advance phase II activities and gradually progress to return to full activity</li> </ul>