



Mid-America Orthopedics

Dr. Justin Strickland

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LATERAL EPICONDYLAR DEBRIDEMENT

Weeks 0-1 (NO PHYSICAL THERAPY)

Weeks 1-3 (1-3 visits/week)

- PROM and AAROM all directions wrist, elbow, and fingers
- AROM elbow flexion, extension
- AROM pronation, supination
- AROM wrist flex with **elbow flexed @ 90 degrees progress to full elbow extension as pain allows**
- Light gripping exercises
- Cryotherapy prn
- Scar massage
- Desensitizing exercises

Weeks 4-5 (1-3 visits/week)

- Goal of full AROM wrist & elbow at end of 4th week
- Shoulder PRE's
- Gripping PRE's
- Bicep and tricep **wrist cuff wts/progress to dumbbells**
- Wrist flex with dumbbell

Weeks 6-12 (1-3 visits/week)

- Wrist extension PRE's
- Supination, pronation PRE's
- More aggressive wrist flexor and extensor stretches

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.