

Basin Orthopedic Surgical Specialists

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Lateral Epicondylitis-ECBR Surgical Release Protocol

2 days-14 days

- AA Elbow flexion/extension
- AA pronation/supination
- AA wrist flexion/extension with elbow flexed to 90 degrees
- PROM elbow flexion/extension
- PROM pronation/supination
- AROM finger flexion/extension/abduction/adduction
- AROM shoulder
- Shoulder Shrugs
- Scapular Retraction
- Ice
- Electrical Stimulation (as needed)
- Sling for comfort only
- Compression Sleeve

2-3 weeks (Day 8-21)

- AROM elbow flexion/extension
- AROM pronation/supination
- AROM wrist flexion
- Gentle PROM wrist flexion with elbow flexed to 90 degrees
- Ice
- Scar massage
- Desensitizing

3-5 weeks (Day 22-35)

- AROM wrist extension
- Light gripping (as long as pain free)
- Shoulder PRE's
- Biceps/Triceps (wrist cuff weights)
- Wrist flexion with dumbbell

5-12 weeks (Day 36-84)

- Wrist extension PRE's
- Supination/Pronation PRE's
- Gripping
- Stretch wrist extensors
- Stretch wrist flexors