

Physical Therapy Protocol

Lateral Epicondylitis – Post-Operative Rehabilitation

Week 1

- Wear sling **for comfort** as needed
 - Perform **gentle range of motion (ROM)** for the hand, wrist, and elbow as tolerated
 - Begin **active shoulder ROM**
 - Use **heat before** therapy and **ice after**
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Weeks 2–4

- **Discontinue any sling** use
 - Advance ROM from **passive motion to active-assisted ROM (AAROM)** as tolerated
 - Begin **gentle strengthening** with:
 - Active motion
 - Submaximal isometric exercises
 - Continue shoulder ROM and strengthening exercises
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Weeks 5–7

- **Advance strengthening** exercises as tolerated
 - Introduce light weights and resistance tubing
 - Continue ROM with emphasis on:
 - **End-range motion**
 - **Passive overpressure** if appropriate
 - Begin **gentle soft tissue massage**:
 - Along and against muscle fiber orientation
 - Initiate **counterforce bracing**
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Weeks 8–12

- Continue use of **counterforce brace** if symptoms persist
- Begin **task-specific functional training**

- **Return to sport or recreational activities** as tolerated