

# Lateral Epicondylitis Post-Operative Rehabilitation Protocol

	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-6 weeks	Splint until first post-op visit then cock-up wrist splint	None in splint Advance to PROM to AROM	Desensitization and scar massage once sutures removed and wound healed No lifting No resisted supination or pronation
<b>Phase 2</b> 6-10 weeks	None	Full and pain free	May progress to band exercises when full AROM achieved  Initiate light lifting with forearm in supination or neutral  Light lifting with pronation initiated at week 9
<b>Phase 3</b> 10-16 weeks	None	Full and pain free	Progress strengthening and gradual return to full activity when full strength achieved.

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PROM: passive range of motion; AROM: active range of motion