



**Meagan McCarthy, M.D.**

**Lateral Epicondylitis (tennis elbow) Debridement**

	<b>Range of Motion</b>	<b>Brace</b>	<b>Therapeutic Exercise</b>
<b>Phase I</b> 0-4 Weeks	No restrictions. Passive to active-assisted to active	Posterior splint til first post-operative appointment, than transfer to cock up splint	Shoulder, elbow, wrist hand ROM, Focus on motion and decreasing inflammation. No elbow or wrist resistance exercises. Modalities: heat before, ice after
<b>Phase II</b> 4-8 weeks	ROM with emphasis on end-range and passive overpressure	Discontinue cock up splint	Active wrist flexion and grip strengthening. Submaximal isometric wrist extension. Gentle massage along and against fiber orientation. Ultrasound.
<b>Phase III</b> 8-12 weeks	FULL	None	May add active wrist extension with progressive resistance. Continue other strengthening exercises.
<b>Phase IV</b> 3-6 months	FULL painless motion	None	Advanced strengthening. Sport-specific training. Return to full activities as tolerated.