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Lateral Epicondylitis (tennis elbow) Debridement

	Range of Motion	Brace	Therapeutic Exercise
Phase I 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
Phase II 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.
Phase III 8-12 weeks	FULL	None	May add active wrist extension with progressive resistance. Continue other strengthening exercises.
Phase IV 3-6 months	FULL painless motion	None	Advanced strengthening. Sport-specific training. Return to full activities as tolerated.