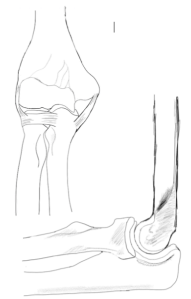


MATTHEW J. DUBIEL M.D.
Shoulder and Elbow Surgery



Lateral Epicondylitis Debridement and Repair

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE 1 0-6 weeks	Passive ROM as tolerated	None	Gentle hand/wrist/elbow/shoulder stretching, isometric hand/wrist/elbow/ shoulder strengthening - avoid wrist extension
PHASE 2 6-8 weeks	Increase range of motion to full, begin active wrist extension	None	Advance strengthening exercises in phase I to resistive, maintain flexibility/ ROM, begin gentle active wrist extension exercises
PHASE 3 8-10 weeks	Full and pain-free	None	Advance phase II activities, gradual progression toward return to full activity

*NO active wrist extension for 6 weeks post-operative