

**LATERAL EPICONDYLITIS DEBRIDEMENT  
REHAB PROTOCOL**

	<b>Range of Motion</b>	<b>Immobilizer</b>	<b>Therapeutic Exercise</b>
<b>Phase I 0-4 Weeks</b>	Passive ROM as tolerated	<ul style="list-style-type: none"> <li>• Cock up wrist splint used first four weeks to rest wrist extensors</li> <li>• May remove for hygiene and exercises</li> <li>• Will use at night</li> </ul>	<ul style="list-style-type: none"> <li>• Gentle shoulder / elbow / wrist / hand stretching</li> <li>• Isometric shoulder / elbow / wrist / hand strengthening</li> <li>• <b>Avoid active wrist extension x 4 weeks</b></li> </ul>
<b>Phase II 4-8 Weeks</b>	Begin active wrist extension  Increase to full ROM	None	<ul style="list-style-type: none"> <li>• Maintain flexibility</li> <li>• Begin active wrist extension exercises</li> <li>• <b>Advance strengthening exercises to resistive at week 6</b></li> </ul>
<b>Phase III 8-10 Weeks</b>	Full and pain free	None	<ul style="list-style-type: none"> <li>• Advance phase II activities and gradually progress to return to full activity</li> </ul>