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## **Post-Operative Rehabilitation Guidelines for** Medial/Lateral Epicondyle Debridement

0-6 Weeks: Posterior mold splint and sling until first post-op visit

> Splint removed and use of cock up wrist splint for weeks 2-6 Advance PROM into AAROM and AROM as tolerated

No resisted supination or pronation

No lifting

Desensitization and scar massage as soon as sutures are removed

6-12 Weeks: Once motion achieved, progress into bands

Lifting initiated in forearm supination or neutral

Light lifting with pronation initiated as tolerated by week 9

12-16 Weeks: Progress lifting in all forearm positions as tolerated

Full return to activity as tolerated