



Medial/Lateral Epicondyle Debridement Post-Operative Rehabilitation Protocol

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
- **Schedule Upper Body Assessment when initiating return to activity progression. Schedule via QR code or spc@rushortho.com
- Full return to activity as tolerated

