Elbow Arthroscopy and Lateral Epicondyle Debridement of Extensor Origin Rehab Protocol Prescription

Patient Name: __________________________    Date: __________________________

Diagnosis: Lateral epicondylitis    Frequency: 2-3 visits/week    Duration: 4 months

Acute Phase (weeks 1 – 6)
Emphasis on progress elbow ROM as tolerated (no restrictions)
Avoid overloading wrist extensors during this phase
Assess scapulothoracic and glenohumeral rhythm and correct any abnormalities
Upper body ergometer
Modalities as indicated
Daily HEP

Functional Phase (weeks 6 – 12)
Continue exercises from prior phase
Continue to emphasize elbow ROM
Elbow and forearm strengthening
Begin PNF patterns
Begin endurance training
Modalities as indicated
Daily HEP

Maintenance Phase (weeks 12+)
Progress stretching and strengthening program
Functional and sport specific training
Phase out supervised rehab
Advance home program to be done daily

Please contact us with any questions:
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Physician Signature: