

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

Dean Wang, M.D.

Orthopaedic Surgery and Sports Medicine

Appointments: 714-456-7012 (Orange) || 949-515-5210 (Costa Mesa)

Office: 714-456-7012

Fax: 714-456-8711

CA License: A124076



LATERAL EPICONDYLITIS DEBRIDEMENT PROTOCOL

Surgical Date: _____

Side: Right Left

Diagnosis: Lateral Epicondylitis

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-1	Edema and pain control	Splint and sling	Gentle wrist and hand ROM
Weeks 1-4 HEP daily	Edema and pain control Protect surgical repair Full ROM by week 4	DC splint DC sling at 2 weeks No active wrist extension No lifting >1 lb No concentric/eccentric exercises	Emphasize restoration ROM Progressive AA/PROM elbow/wrist/hand Initiate shoulder program Gentle submaximal isometrics at 2 weeks
Weeks 4-8 HEP daily	Full ROM Improve strength	No lifting objects >5 lbs Counterforce brace No active wrist extension until 6 weeks	Continue above Advance ROM (end-range over pressure) Advance isometrics Light concentric/eccentric at 6 weeks
Weeks 8-12 HEP daily	Improve strength	Avoid too much too soon Counterforce brace prn	Continue above Advance strengthening Begin task-specific functional training
Weeks 12+ HEP daily	Return to play	Avoid too much too soon Return to sport (MD directed)	Continue above Advance strengthening and endurance Sport specific exercises

Frequency & Duration: 1-2 2-3 x/week for _____ weeks _____ Home Program

Physician's Signature: _____ **M.D.**