

PHYSICAL THERAPY PROTOCOL
EPICONDYLITIS DEBRIDEMENT WITH TENDON REPAIR

Weeks 1-2:

- Wrist brace worn at all times
- OK for hand and finger ROM, typing/texting
- OK for gentle elbow and shoulder AROM

Weeks 2-4:

- Wrist brace worn at all times, OK to remove for short periods when at rest
- Regain full elbow and shoulder AROM
- Begin wrist PROM with therapist

Weeks 4-8:

- Wean from wrist brace
- Begin advancing AROM of the wrist
- Maintain shoulder and elbow AROM
- Rotator cuff strengthening and scapula activation

Week 8-12:

- Gently advance wrist and elbow strengthening
- Return to all daily activities

Week 12+:

- Plyometrics and sport/occupation specific activities as needed
- Return to sport and activities with no restrictions