

Lateral Epicondyle

Maximum Protection

O to 10 Days:

- **Complete Immobilization in 90° Splint**
- Sling For 4 Weeks

Phase I (10 days to 4 weeks)– Passive range of motion

- Begin passive elbow and wrist range of motion in all planes as tolerated
- Begin active shoulder protraction/retraction
- Scar mobilization

Phase II (4-6 weeks) – Active range of motion

Weeks 4 to 6:

- Begin active range of motion of the elbow
- Avoid active wrist extension until six weeks

Phase III (6-12 weeks) – Strengthening

Weeks 6 to 10:

- End range stretching wrist extensors and flexors
- Begin wrist and forearm strengthening in all planes isometric progressing to isotonic

Weeks 10-12:

- Begin global upper extremity gym strengthening program

Phase IV (12-16 weeks)– Return to activity progression

- Follow-up appointment with physician
- MMT shoulder, elbow and hand
- Initiate return to sport program per physician approval