

MEDIAL EPICONDYLE DEBRIDEMENT REHABILITATION PROTOCOL

Week 1:

- Wear splint for 7-14 days after surgery.
- Active shoulder ROM
- Ice 2-5 times daily to reduce swelling

Weeks 2-4:

- Remove splint
- Begin passive and active hand, wrist and elbow ROM.
- Gentle strengthening exercises with active motion
- Continue shoulder Strengthening and ROM

Weeks 4-8:

- Gentle isometrics may begin
- At week 6, may advance to more rigorous, resistive exercises including wrist flexion and forearm pronation
- Gentle massage along and against fiber orientation
- Counterforce bracing as needed
- A progressive strengthening program may follow

Weeks 8-12:

- Continue counterforce bracing if needed
- Begin task-specific functional training

Return to sport or activities by 3-6 months postoperatively