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Lateral Epicondylitis & ECRB Tendon Repair

First 2 weeks after surgery

Goals

- Protect healing tissue
- Decrease pain/inflammation
- Retard Muscle atrophy
- Avoid strengthening the extensor mass muscle group during this initial phase to allow for healing at lateral epicondyle

Brace

- 90 degrees elbow flexion

Weeks 2-4 (1st Post Op Visit is 2 weeks after surgery)

- Cryotherapy: elbow joint (protect ulnar nerve with towel)
- Active Assisted ROM
- Brace: Elbow ROM 0-120 degrees (Gradually increase ROM – 5 degrees, Ext/10 degrees of Flexion per week)
- Continue wrist ROM exercises
- Initiate light scar mobilization at incision site

INTERMEDIATE PHASE

Goals

- Gradual increase to full ROM
- Promote healing of repaired tissue
- Regain and improve muscular strength
- Restore full function of graft/repair site

Weeks 3-6 (2nd Post Op Visit week 6 after surgery)

- Brace: Elbow ROM 0-140 degrees
- Continue all exercises listed above
- Elbow ROM in brace
- Initiate active ROM Wrist/Elbow (No resistance)
- Initiate light wrist flexion/extension stretching
- Initiate active ROM Shoulder:
 - ER/IR tubing
 - Elbow flexion/extension
 - Lateral Raises

- Initiate light scapular strengthening exercises
- May incorporate stationary bike for lower extremity
- D/C brace and use wrist splint
- Begin light resistance exercises for arm (1lb)
 - wrist curls, extensions, pronation, supination
 - elbow extension/flexion
- Progress shoulder program emphasize rotator cuff and scapular strengthening
- Initiate shoulder strengthening with light dumbbells

ADVANCED STRENGTHENING PHASE

Goals

- Increase strength, power, endurance
- Maintain full elbow ROM
- Gradually initiate sporting activities

Weeks 6-18 (3rd Post Op Visit 3 months after surgery)

- ROM: Elbow ROM 0-135 degrees
- Continue all Exercises: Progress all shoulder and UE exercises
- Progress elbow strengthening exercises
- Initiate shoulder external rotation strengthening
- Initiate eccentric elbow flexion/extension
- Continue isotonic program: forearm & wrist
- Initiate Plank Series: Elbow & Shoulder Stabilization exercises
- Initiate plyometrics exercise program (2 hand plyos close to body only)
 - Chest pass
 - Side throw close to body
- Initiate isotonic machines strengthening exercises (if desired)
 - Bench Press,
 - Lat Pulldown
 - Seated Rows
 - Shoulder Presses
- Initiate sports related positional drills
- Continue Strength Program
- Emphasis on elbow and wrist strengthening and flexibility exercises
- Maintain full elbow ROM
- Initiate 1 hand plyometric throwing (stationary throws)
- Initiate 1 hand wall dribble
- Initiate 1 hand baseball throws into wall