

POST-OPERATIVE REHABILITATION PROTOCOL

Medial / Lateral Epicondyle Debridement

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

Phase 1 | 0-6 Weeks

GOALS FOR THIS PHASE

- Protect the debridement site with posterior mold splint and sling until first post-op visit.
- Transition to cock-up wrist splint for weeks 2-6.
- Progress PROM → AAROM → AROM with full active elbow ROM as tolerated.
- Avoid resisted supination/pronation and lifting.
- Begin desensitization and scar massage once splint is removed.

Immobilization

- Posterior mold splint and sling until first post-op visit.
- Splint removed and use of cock-up wrist splint for weeks 2-6.
- Wrist splint at all times during weeks 2-4; remove only for bathing and dressing.

Range of Motion

- Advance PROM into AAROM and AROM as tolerated.
- Full active elbow ROM.

Precautions

- No resisted supination or pronation.
- No lifting.

Therapeutic Exercises

- Desensitization and scar massage as soon as splint is removed.

Phase 2 | 6-12 Weeks

GOALS FOR THIS PHASE

- Discontinue wrist brace and transition to counterforce elbow strap.
- Progress into band-resisted exercises once motion is achieved.
- Initiate lifting in forearm supination or neutral.
- Initiate light lifting with pronation as tolerated by week 9.

Bracing

- Discontinue wrist brace; transition to counterforce elbow strap.

Strengthening

- Once motion is achieved, progress into bands.

Lifting Progression

- Initiate lifting in forearm supination or neutral.
- Light lifting with pronation initiated as tolerated by week 9.

Phase 3 | 12-16 Weeks

GOALS FOR THIS PHASE

- Progress lifting in all forearm positions as tolerated.
- Full return to activity as tolerated.

Activity Progression

- Progress lifting in all forearm positions as tolerated.
- Full return to activity as tolerated.

This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.