



Lateral Epicondylectomy
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	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-7 days	Post-op splint	none	1st visit- Remove dressings and apply wrist cock-up splint
Phase 2: 1-4 weeks 2x/week	Wrist cock-up splint Can use soap and water but DO NOT submerge x 3.5 weeks	Elbow AROM as tolerated Begin wrist AROM @ 2-3 weeks	Hand, wrist, elbow AROM
Phase 3: 4-12 weeks 2x/week	D/C splint as tolerated	Hand and wrist ROM as tolerated	Strengthening as tolerated (4-6w) Progress functional activities
Phase 5: 12-16 weeks 1-2x/week	none	Full	Return to work, sports

MD post op appts: 2 weeks, 6 weeks, 12 weeks

Please send OT progress notes prior to each MD appt.

This protocol is not a substitute for clinical decision making of the health care professional.

Please see OT referral for any specific post op instructions.