



Medial Epicondylectomy
 Daniel Lygrisse, D.O.
 Midwest Orthopaedic Center — Peoria, IL

	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	Elbow AROM exs. Soft tissue mobilization
Phase 3: 4-6 weeks 2x/week	May D/C Splint @ 4 weeks	Begin Wrist AROM as tolerated	Finger, wrist, elbow, shoulder AROM exercises Soft tissue mobilization
Phase 4: 6-12 weeks 1-2x/week	None	Gradual strengthening as tolerated	Finger, wrist, elbow, shoulder progressive resisted strengthening exercises as tolerated Scar mobilization Progress functional exercises
Phase 5: 12+ weeks 1-2x/week	None	Full	Return to work and 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.