



**ORLANDO HAND SURGERY ASSOCIATES  
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## **Lateral Epicondylitis Debridement**

### **1-5 weeks:**

The postoperative dressing and sutures are removed at 2 weeks post op. A long arm posterior mold splint is fabricated and the patient can shower but not bathe, and patient should keep the wound covered with dry gauze. Desensitization is initiated as soon as the wound is accessible. Scar massage is emphasized and is initiated as soon as sutures are removed (10-14 days).

Splint: The patient wears long arm posterior splint full-time except for hygiene and range of motion exercises for the first four weeks

Motion: Full range of motion both active and passive is prescribed without restriction, and the patient begins Mills stretching without restriction. No lifting until 6 weeks.

### **6 weeks:**

Motion: If the patient has full range of motion of the elbow and can perform Mills maneuvers without pain, progressive strengthening is initiated in forearm supination or neutral.

### **9 weeks:**

Lifting of 1-2 pounds is allowed with the forearm pronated.

### **12 Weeks:**

Full lifting in all forearm positions is permitted, full return to activity as tolerated

Please call with questions or concerns at the phone number above.