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Post-Operative Rehabilitation Guidelines for
Medial/Lateral Epicondyle Debridement

0-6 Weeks:

- Posterior mold splint and sling until first post-op visit (1 week postop)
- Splint removed and use of cock-up wrist splint (for lateral debridement) for weeks 2-6
- Advance PROM into AAROM and AROM as tolerated
- No resisted supination or pronation
- No lifting
- Desensitization and scar massage as soon as sutures are removed

6-12 Weeks:

- Once motion achieved, progress into bands
- Lifting initiated in forearm supination or neutral
- Light lifting with pronation initiated as tolerated by week 9

12-16 Weeks:

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