



GOLDEN STATE ORTHOPEDICS & SPINE

LATERAL EPICONDYLAR RECONSTRUCTION

STAGE 1: WEEKS 0-2:

- Post-operatively maintain in long arm sugar tong splint until 2 weeks post-op appointment for wound check and transition into removable Velcro wrist brace.
- **NO ROM** activities

STAGE 2: WEEKS 2-4:

- Begin PROM with guided elbow flexion and extension as well as wrist flexion and extension
- Facilitate transition into AAROM in those planes during week 3
- Begin soft tissue manipulation and scar mobilization
- Begin tendon glides
- Continue use of removable Velcro wrist brace

STAGE 3: WEEKS 4-6:

- Begin AROM in all planes with wrist and elbow
- Begin isometrics with wrist in neutral position and with resisted wrist flexion
 - Can transition to resisted wrist extension (isometric) at the end of week 6
- Patient can transition out of wrist brace in controlled environments, however, continue to wear removable Velcro wrist brace in uncontrolled settings until the beginning of week 8
- Continue with soft tissue manipulation and scar mobilization

STAGE 4: WEEKS 6-8:

- Begin dexterity training monitoring flare-ups

STAGE 5: WEEKS 8-12:

- Begin dynamic kinetic strengthening activities and transition into a gym program
- Discontinue use of wrist brace at this time