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MIDWEST
ORTHOPAEDICS
at RUSH

Post-Operative Rehabilitation Guidelines for Medial/Lateral Epicondyle Debridement

- 0-6 Weeks: Posterior mold splint and sling until first post-op visit
 Splint removed and use of cock up wrist splint 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