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