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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