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Medial Epicondylitis Physical Therapy

\_\_\_\_ Week 1:

- Wear splint for 7-14 days after surgery.
- Active shoulder ROM
- Ice 2-5 a time daily to reduce swelling

\_\_\_\_ Weeks 2-4:

- Remove splint
- Begin passive and active hand, wrist and elbow ROM.
- Gentle strengthening exercises with active motion
- Continue shoulder Strengthening and ROM

\_\_\_\_ Weeks 4-8:

- Gentle isometrics may begin
- At week 6, May advance to more rigorous, resistive exercises including wrist flexion and forearm pronation
- Gentle massage along and against fiber orientation
- Counterforce bracing in needed
- A progressive strengthening program may follow.

\_\_\_\_ Weeks 8-12:

- Continue counterforce bracing if needed
- Begin task-specific functional training
- Return to sport or activities by 3-6 months postoperatively