

## Dr. Robert Wysocki

### Medial Epicondylitis Debridement

#### 1 -2 week:

The postoperative dressing may be removed 4-5 days after surgery and the patient can shower but not bathe, and keep the wound covered with dry gauze. Desensitization is initiated as soon as the wound is accessible. Scar massage is emphasized and is initiated as soon as sutures were removed (10-14 days).

Splint: The patient wears a long arm splint full-time except for hygiene and range of motion exercises for the first four weeks

Motion: Full range of motion both active and passive is prescribed without restriction. Gentle flexor-pronator stretching is begun at 2 weeks. No lifting until 6 weeks.

#### 6 weeks:

Splint: The sling was discontinued at 4 weeks

Motion: If the patient has full range of motion of the elbow and can perform flexor-pronator stretching without pain, progressive strengthening is initiated in forearm pronation or neutral.

#### 9 weeks:

Lifting of 1-2 pounds is allowed with the forearm supinated

#### 12 Weeks:

Full lifting in all forearm positions is permitted, full return to activity as tolerated