

Rehabilitation Protocol: Lateral Elbow Tendon Repair

Date of Surgery: _____

Procedure: ☐ Common Extensor (ECRB) Repair/Debridement ☐ Augmentation

Progression is criteria-based. Address cardiovascular endurance, trunk stability, and lower extremity strength throughout. Please contact our office with any questions or concerns.

☐ **Phase I – Protection (Weeks 0–2)**

- **Immobilization:** Sling for comfort up to 2 weeks; wrist orthosis/brace as directed
- **Precautions:** No clinician PROM
- **Therapeutic Exercises**
 - Patient-performed gentle PROM/AAROM of elbow, forearm, wrist, and hand
 - Finger and shoulder AROM; scapular isometrics
 - Light compression and cryotherapy for edema
- **Criteria to Progress:** ~80% of full elbow/wrist/hand AROM; pain and edema controlled

☐ **Phase II – Motion (Weeks 3–4)**

- **Precautions:** No repetitive or maximal gripping; no lifting; no progressive resistive exercises
- **Therapeutic Exercises**
 - Gentle PROM and stretching of wrist extensors with elbow at 90°
 - AROM of elbow, wrist, and hand
 - **Week 3:** Submaximal isometrics of wrist extensors, pronators, supinators (elbow 90°, forearm neutral)
- **Criteria to Progress:** No pain at rest; full pain-free AROM; edema controlled

☐ **Phase III – Strengthening (Weeks 5–8)**

- **Precautions:** No painful exercises; no closed chain exercises
- **Therapeutic Exercises**
 - Wrist extensor stretching; isometrics with elbow extended
 - PREs: elbow flexion/extension, pronation/supination, wrist flexion, radial/ulnar deviation – elbow at 90°, progressing to extension
 - Eccentric wrist extension
 - Rotator cuff and scapular stabilization (light); PNF; rhythmic stabilization/exercise blade; UBE
- **Criteria to Progress:** Pain-free at rest, with exercise, and with gripping; UE strength 5/5

☐ **Phase IV – Return to Activity (Week 9+)**

- **Therapeutic Exercises**
 - Advance shoulder, elbow, wrist/forearm isotonic; ER/IR at 90° abduction; continue eccentrics and PNF
 - Closed chain progression; endurance (wall taps, exercise blade)
 - Plyometrics over 4 weeks: two-hand chest pass, overhead pass, chops; single-hand IR; eccentric catch; 90/90 IR
 - Tennis (ball bouncing, then volleys and groundstrokes, then serving); golf (chipping/putting to irons to woods); interval throwing
- **Criteria for Discharge:** Pain-free progression through interval sport program; independent with arm care program