



Duke Orthopaedics: Upper Extremity Division

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Lateral Epicondylitis Debridement

Phase 1 (0-7 days)

GENERAL PRECAUTIONS AND GUIDELINES

- Position the extremity in the sling for comfort
- Control edema and inflammation: apply ice for 20 mins, 2-3x/day
- Elbow pad for protection of incision site
- Education on work/activity modification
- Minimize any ADL's that stress the extensor tendon mechanism such as lifting/combined joint motions
- Palm up/supinated forearm when lifting to minimize work load of extensor tendons

EXERCISES

- Gentle hand, wrist, elbow ROM exercises in pain-free ROM
- Active shoulder ROM
- Periscapular exercises

Phase 2 (2-4 weeks)

GENERAL PRECAUTIONS AND GUIDELINES

- Discontinue sling
- Control edema and inflammation: apply ice 20 mins, 2-3x/day
- Scar management as needed

EXERCISES

- Begin PROM of elbow and wrist, progress to AAROM within end-range of patient's pain tolerance
- Gentle strengthening exercises with active motion and sub-maximal isometrics

Phase 3 (5-7 weeks)

GENERAL PRECAUTIONS AND GUIDELINES

- Control edema and inflammation after activity: apply ice for 20 mins
- Modified activities in preparation for beginning functional training
- Gentle massage along and against fiber orientation
- Counterforce bracing to common extensor tendon of forearm

EXERCISES

- ROM with continued emphasis on restoring full A/PROM
- Advance strengthening as tolerated to include weights or theraband
- Focus should be on endurance training of wrist extensors

Phase 4 (8-12 weeks)

GENERAL PRECAUTIONS AND GUIDELINES

- Continue counterforce bracing if needed for patient to complete ADL's/strengthening activity
- Begin task specific functional training
- Return to higher-level work/recreational activities