

## **Lateral Epicondylitis/Extensor Tendon Repair**

### **Physical Therapy Post-op Protocol**

**\*Blood Flow Restriction (BFR) encouraged at all stages**

#### **Week 1**

**Primary goal: Allow incision healing**

- Splint until first post-operative visit (7-10 days)
- Elevate on pillows to heart level or above

#### **Weeks 1-6**

**Primary goal: Begin ROM, protect repair**

- No range of motion restriction
- Gentle stretching of hand/wrist/elbow
- NO wrist extension
- Ball squeezes

#### **Weeks 6-8**

**Primary goal: Full elbow ROM, advance strengthening**

- Continue stretching until full ROM achieved
- Introduce wrist extension exercises
- Increase resistance for shoulder/elbow strengthening
- Blood flow restriction

#### **Weeks 8+**

**Primary goal: Full strength**

- Increase strengthening and conditioning/endurance
- Incorporate occupation-specific activities