



Medial Epicondylectomy
 Daniel Lygrisse, MD
 Midwest Orthopaedic Center — Peoria, IL

| | PRECAUTIONS | ROM | EXERCISES |
|--|--|------------------------------------|--|
| Phase 1: 0-7 days | Post-op splint | none | 1st visit- Remove dressings and apply wrist cock-up splint |
| Phase 2: 1-4 weeks 2x/week | Wrist cock-up splint Can use soap and water but DO NOT submerge x 3.5 weeks | Elbow AROM as tolerated | Elbow AROM exs. Soft tissue mobilization |
| Phase 3: 4-6 weeks 2x/week | May D/C Splint @ 4 weeks | Begin Wrist AROM as tolerated | Finger, wrist, elbow, shoulder AROM exercises Soft tissue mobilization |
| Phase 4: 6-12 weeks 1-2x/week | None | Gradual strengthening as tolerated | Finger, wrist, elbow, shoulder progressive resisted strengthening exercises as tolerated Scar mobilization Progress functional exercises |
| Phase 5: 12+ weeks 1-2x/week | None | Full | Return to work and sports |

MD post op appts: 2 weeks, 6 weeks, 12 weeks.

Please send OT progress notes prior to each MD appt.

This protocol is not a substitute for clinical decision making of the health care professional.

Please see OT referral for any specific post op instructions.