

# Chapter 29

## Lateral Epicondyleplasty

### **0–2 Weeks**

- Bulky compressive dressing is removed and patient is splinted in a long-arm splint with wrist in 20° extension, forearm neutral, and elbow at 90°.
- Patient removed the splint six times a day for elbow flexion and extension exercises.

### **3 Weeks**

- Start wrist flexion/extension and supination/pronation.
- Interval splint.

### **4 Weeks**

- Patient to begin gentle strengthening with putty.

### **5 Weeks**

- D/C elbow splint.

### **6 Weeks**

- D/C wrist splint.
- Forearm strengthening.

### **Discharge Criteria**

- Independent in self-care activities beginning light lifting with minimal pain.