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.

S.F.M. Duncan and C.W. Flowers, *Therapy of the Hand and Upper Extremity: Rehabilitation Protocols*, DOI 10.1007/978-3-319-14412-2_29, © Springer International Publishing Switzerland 2015