

## **Epicondylitis Extensor/Flexor Tendon Release/Debridement Protocol**

Michael Chiu, MD  
Illinois Bone and Joint Institute  
Phone: (847)870-6100  
Fax: (847)870-8159

### Weeks 0-1:

In post-op posterior mold x 7days, return to MD office for removal and assessment

### Weeks 1-6:

Sling for comfort only

Full ROM

No strength/gripping at this time

Control of post-op pain and swelling

Exercises include: HEP for ROM in all planes

Precautions: Lift no more than a cup of coffee at home, limit writing and computer work due to repetitive nature of these activities

### Weeks 6+:

Begin to progress with light strength as tolerated

No limit on ROM

Slow progression to use of computer or other repetitive tasks increasing time on a weekly basis as tolerated