



**LATERAL EPICONDYLITIS ('TENNIS ELBOW') / MEDIAL EPICONDYLITIS ('GOLFER'S ELBOW') DEBRIDEMENT & REPAIR**

**PHYSICAL THERAPY PROTOCOL**

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**Patient Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

Evaluate and Treat – no open chain or isokinetic exercises

Provide patient with home exercise program

**Frequency:** \_\_\_\_\_x/week x \_\_\_\_\_weeks



- 0-6 Weeks:      Posterior mold splint and sling until first post-op visit  
                    Splint removed and use of cock up wrist splint for weeks 2-6  
                    Advance PROM into AAROM and AROM as tolerated  
                    No resisted supination or pronation  
                    No lifting  
                    Desensitization and scar massage as soon as sutures are removed
- 6-12 Weeks:     Once motion achieved, progress into bands  
                    Lifting initiated in forearm supination or neutral  
                    Light lifting with pronation initiated as tolerated by week 9
- 12-16 Weeks:    Progress lifting in all forearm positions as tolerated  
                    Full return to activity as tolerated

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_would not benefit from social services.**

\_\_\_\_\_

**Date:**\_\_\_\_\_

**Bryan M. Saltzman, MD**