



Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction
Arthroscopic Shoulder, Hip, and Knee Surgery

www.travisburnsmd.com

<https://ortho-sa.com/>

(210) 705-5060



LATERAL EPICONDYLITIS - ECRB RELEASE

General Guidelines

- Early gentle range of motion
- Counterforce brace for 12 weeks post-op

Post-op Days 1 – 14

Goals: Pain control and early range of motion

- POD 10-14: Sutures out
- Will change splint to elbow brace at first post-op appointment

Therapy:

Shoulder, wrist, and hand active motion (AROM) – Do not push into painful ROM
Shoulder shrugs
Ice as needed

Weeks 2 – 6

Goals: Pain free ADLs

Therapy:

Counterforce brace for 12 weeks post-op
Continue appropriate previous exercises
UBE – Min resistance, gradually increase resistance and time as tolerated Isometrics x 8 (box plus supination / pronation) – Pain-free, progress as tolerated
Hand squeezing exercises – Putty / sponge
Treadmill – Running progression program
Elliptical trainer (light grip)

Weeks 6 – 12

Goals: Full elbow AROM, normal elbow strength, return to full activities

Therapy:

Counterforce brace – can DC at 12 weeks post-op
Continue appropriate previous exercises
PREs – Wrist curls, reverse wrist curls, supination / pronation against resistance
Pushups, regular
Weight training