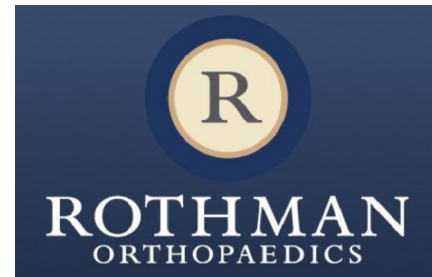


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Medial Epicondylitis Debridement Physical Therapy Protocol

Name \_\_\_\_\_ Date \_\_\_\_\_

Diagnosis s/p RIGHT/LEFT Medial Epicondyle Debridement

Date of Surgery \_\_\_\_\_

Frequency: \_\_\_\_\_ times/week Duration: \_\_\_\_\_ Weeks

\_\_\_\_ Week 1:

Wear splint for 7-14 days after surgery.  
Active shoulder ROM  
Ice 2-5 a time daily to reduce swelling

\_\_\_\_ Weeks 2-4:

Remove splint  
Begin passive and active hand, wrist and elbow ROM.  
Gentle strengthening exercises with active motion  
Continue shoulder Strengthening and ROM

\_\_\_\_ Weeks 4-8:

Gentle isometrics may begin  
At week 6, May advance to more rigorous, resistive exercises including wrist flexion and forearm pronation  
Gentle massage along and against fiber orientation  
Counterforce bracing in needed  
A progressive strengthening program may follow.

\_\_\_\_ Weeks 8-12:

Continue counterforce bracing if needed  
Begin task-specific functional training  
Return to sport or activities by 3-6 months postoperatively

\_\_\_\_ Functional Capacity Evaluation \_\_\_\_ Work Hardening/Work Condition \_\_\_\_ Teach HEP

\_\_\_\_ Electric Stimulation \_\_\_\_ Ultrasound \_\_\_\_ Iontophoresis \_\_\_\_ Phonophoresis \_\_\_\_ TENS  
\_\_\_\_ Heat before \_\_\_\_ Ice after \_\_\_\_ Trigger points massage \_\_\_\_ Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_