

## **Lateral Epicondyle Fascial Release**

### **Maximum Protection**

#### **O to 10 Days:**

- **Complete Immobilization in 90° Splint**
- Sling For 4 Weeks

### **Phase I (10 days to 4 weeks)– Passive range of motion**

- Passive elbow and wrist range of motion in all planes as tolerated
- Active shoulder stabilization
- Scar mobilization

### **Phase II (4-6 weeks) – Active range of motion**

#### **Weeks 4 to 6:**

- Active range of motion of the elbow, wrist and hand
- Avoid active wrist extension until six weeks

### **Phase III (6-12 weeks) – Strengthening**

#### **Weeks 6 to 12:**

- Progressive stretching wrist extensors and flexors
- Rotator cuff and scapular strengthening program
- Total arm and hand strengthening progressing as tolerated

#### **Week 12:**

- Gym strengthening program

### **Phase IV (12-16 weeks)– Return to activity progression**

- Progressive strengthening weeks 12-16
- **16 weeks** Initiate return to sport program per physician approval – must have >90% strength with MMT of shoulder, elbow, wrist and hand