



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Lateral epicondylitis

Code: M77.10

Procedure: Open debridement and tendon repair of ECRB

Surgery Date:

Instructions:

Range of motion:

Wrist brace use for the first two weeks post-operatively.

Begin active range of motion of the elbow, forearm, and wrist, with a focus on stretching of the wrist extensors.

Stretching of the extensor origin can be maximized by bringing the wrist into full flexion with the elbow extended and the forearm pronated.

No range of motion limitations.

Strengthening:

Begin strengthening at six weeks if extensor stretching is pain-free.

Assist the patient in strengthening of the wrist extensors with a focus on eccentrics.

Please perform all wrist extensor strengthening exercises with the elbow flexed to avoid increasing lateral elbow pain.

Begin with submaximal isometric exercises before progressing to bands and then weights.

As flexibility and strength improves, please focus on increasing patient endurance.

Do not begin return to work or sport programming until >90% wrist extensor strength.

Provide with Home Exercise program.

Limitations:

0- 6 weeks: No work with the affected extremity

1.5-3 months No lifting greater than 10 lbs

>3 months: No restrictions, return to sport as tolerated

Modalities: Heat before and ice after therapy. Massage prn

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date: