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Dual Fellowship-Trained Orthopedic Surgeon
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Shoulder, Elbow & Knee Specialist

Lateral Epicondylitis Postop Rehab Protocol

	Range of Motion	Splint	Exercises
Phase I 0-6 weeks	0-2 Weeks: None, in splint Passive ROM as tolerated	Worn for first 10-14 days post op None after first postop appointment	Gentle hand/wrist/elbow/shoulder stretching, isometric hand/wrist/elbow/shoulder strengthening NO active wrist extension
Phase II 6-8 weeks	Increase range of motion to full, begin active wrist extension	None	Advance strengthening exercises in phase I to resistive, maintain flexibility/ ROM Begin gentle active wrist extension exercises
Phase III 8-10 weeks	Full and pain- free	None	Advanced phase II activities Gradual progression toward return to full activity