



Sports Medicine, Joint Preservation & Cartilage Restoration

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HIP, KNEE, SHOULDER, ELBOW

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MEDIAL/LATERAL EPICONDYLE DEBRIDEMENT

Rehab Protocol

Weeks 0-6:

- Posterior mold splint and sling until first post-op visit
- Splint removed and use of cock up wrist splint for weeks 2-6
- Advance PROM into AAROM and AROM as tolerated
- No resisted supination or pronation
- No lifting
- Desensitization and scar massage as soon as sutures are removed

Weeks 6-12:

- Once motion achieved, progress into bands
- Lifting initiated in forearm supination or neutral
- Light lifting with pronation initiated as tolerated by week 9

Weeks 12-16:

- Progress lifting in all forearm positions as tolerated
- Full return to activity as tolerated



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Other Locations