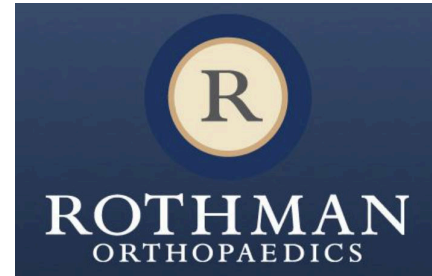


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Medial Epicondylitis Debridement Physical Therapy Protocol/Prescription

Name _____

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 X Teach HEP

X Electric Stimulation ____ Ultrasound ____ Iontophoresis ____ Phonophoresis ____ TENS

X Heat before X Ice after ____ Trigger points massage X Therapist's discretion

Signature _____ Date _____