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*Medial Epicondylitis Release and Repair*

**General Goals**

- Protect healing tissues early on
- Restore elbow, wrist, and hand range of motion
- Gradually rebuild strength of the flexor-pronator mass
- Return to full activity with minimal risk of reinjury

**Phase I: Protection & Early Motion (Weeks 0–2)**

**Goals:**

- Minimize pain and inflammation
- Protect the surgical site
- Initiate gentle ROM

**Precautions:**

- Avoid gripping, lifting, resisted wrist/finger flexion
- Avoid valgus stress at elbow (e.g., carrying heavy bags)

**Interventions:**

- Splint until first postoperative visit at 7 to 10 days
- Ice and elevation
- Elbow AROM: flexion, extension, pronation, supination
- Shoulder pendulums and gentle scapular mobility

## **Phase II: Mobility & Early Strengthening (Weeks 2–6)**

### **Goals:**

- Regain full, pain-free ROM
- Initiate light strengthening
- Prevent scar adhesion

### **Interventions:**

- Wrist brace after splint comes off until 3 weeks postoperatively
- Continue elbow ROM
- Begin wrist ROM once wrist brace comes off
- Gentle stretching of wrist flexors and pronators
- Isometric strengthening:
  - Wrist flexion, extension, supination/pronation
- Light grip strengthening (putty, sponge)
- Soft tissue mobilization to the medial elbow (as tolerated)

## **Phase III: Strengthening & Function (Weeks 6–10)**

### **Goals:**

- Improve endurance and coordination of forearm/wrist musculature
- Restore grip and lifting ability

### **Interventions:**

- Isotonic strengthening with light weights:
  - Wrist flexion, extension, pronation/supination, radial/ulnar deviation
- Eccentric wrist flexor strengthening (key for tendon healing)

- Functional tasks (lifting, typing, light housework)
- Continue grip and fine motor control exercises

## **Phase IV: Return to Sport/Work (Weeks 10–16+)**

### **Goals:**

- Return to full strength and activity
- Prevent recurrence

### **Interventions:**

- Progressive resistance training for wrist and elbow
- Sport/job-specific drills (e.g., golf swings, tools, lifting)
- Plyometrics or ball toss (if appropriate)
- Return to full duty or recreational activity once pain-free and strong (usually 3–4 months)