

Medial Epicondylectomy – Rehabilitation

Surgery for medial epicondylitis involves elevation of the flexor tendons from their attachment on the medial side of the elbow, debridement of diseased tissue from within the tendon and reattachment of the remaining healthy tendon back to bone. The aim of surgery is essentially to interrupt the dysfunctional repair process within the tendon (tendinosis) and reset a healthy, acute healing response.



PHASE	WEEK	GOALS	INSTRUCTIONS
PHASE 1 PROTECT REPAIR & PREVENT STIFFNESS	Weeks 0-2	Pain control Wound healing	Sling for first 2 weeks Analgesia Compression sleeve and intermittent icing Gentle hand exercises
	Weeks 2-6	Protect repair Regain ROM	Sling as required, re-introduce light ADLs Achieve full elbow, forearm and wrist ROM Avoid lifting > 2kg or repetitive activities
PHASE 2 INCREASE ROM	Weeks 6-12	Maintain full ROM Gradual strengthening	Progressive stretching and strengthening exercises Avoid contact sports, heavy weights
PHASE 3 STRENGTHENING & CONDITIONING	Weeks 12+	Return to all activities	Full day-to-day activities as tolerated Graduated return to work, sport, etc