

| Elbow Tendinopathy Tenotomy Rehabilitation Protocol              |                   |  |  |
|--|-------------------|--|--|
| Phase of Healing   | Time Frame        | Restrictions   | Rehabilitation   |
| Phase 1:<br>Inflammatory   | Days 0-5          | <ul style="list-style-type: none"> <li>- No use of NSAIDs or ice</li> <li>- Use sling for 3 days</li> <li>- May lift up to 5 pounds</li> </ul>   | <ul style="list-style-type: none"> <li>- Rest</li> <li>- Acetaminophen as needed for pain</li> <li>- Day 3: begin gentle ROM 4 times per day</li> </ul>  |
| Phase 2:<br>Proliferative  | Day 6 -<br>Week 2 | <ul style="list-style-type: none"> <li>- No use of NSAIDs or ice</li> <li>- May lift up to 10 pounds</li> <li>- Avoid repetitive elbow, wrist, and hand activities</li> <li>- No sustained gripping</li> </ul> | <ul style="list-style-type: none"> <li>- Rest</li> <li>- Continue gentle ROM 4 times per day</li> </ul>  |
|  | Weeks 2 - 4       | <ul style="list-style-type: none"> <li>- No use of NSAIDs or ice</li> <li>- May lift up to 20 pounds</li> </ul>  | <ul style="list-style-type: none"> <li>- Continue gentle ROM as needed to regain full ROM</li> <li>- Start isometric wrist and elbow strengthening</li> <li>- Week 3: start light weight wrist flexion and extension strengthening exercises (start with 2 pounds)</li> </ul>                              |
|  | Weeks 4 - 6       | <ul style="list-style-type: none"> <li>- Activities as tolerated</li> </ul>  | <ul style="list-style-type: none"> <li>- Progress isometric strengthening</li> <li>- Progress wrist flexion / extension exercise and elbow pronation / supination</li> <li>- Begin eccentric training</li> <li>- Ok to begin light general strength training exercises (chest press, rows, etc)</li> </ul> |
| Phase 3:<br>Remodeling   | Weeks 6+          | <ul style="list-style-type: none"> <li>- Activities as tolerated</li> </ul>  | <ul style="list-style-type: none"> <li>- Continue strengthening program and progressive loading</li> <li>- Begin sport specific activities</li> </ul>  |
| NSAID (Nonsteroidal anti-inflammatory drug); ROM range of motion |                   |  |  |