

Lateral Elbow Debridement/Drilling

Dr. Staiger

*Schedule OT same day as doctor unless with CTR then 1-3 days post-op.

**Restriction: No lifting greater than 15 pounds for 8 weeks and limit firm/heavy grasping.

Time Frame	Treatment	Goals
Phase I Post-Op Day 1-3 <u>Only if with Carpal Tunnel Release</u>	<ul style="list-style-type: none"> • Evaluate and Treat. • Dressing change and check for signs/symptoms of infection. • Fabricate long arm orthosis with wrist included. <ul style="list-style-type: none"> ○ Wear orthosis at all times other than showering. ○ Tell client that in 4 weeks he/she may remove orthosis for exercises. • Instruct edema management technique. • Issue finger tendon glides but hold off on median nerve glides until 4 weeks post-op. 	<ul style="list-style-type: none"> • Edema control • Incision care • Pain management • Scar management
Phase I Day 10-14	<ul style="list-style-type: none"> • Complete above listed items, if this is the first post-op visit. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). 	<ul style="list-style-type: none"> • Edema control • Incision care • Pain management • Scar management
Phase II 4 Weeks	<ul style="list-style-type: none"> • Instruct gentle active range of motion digits, wrist, forearm, and elbow. • Issue tennis elbow strap. <ul style="list-style-type: none"> ○ Wear tennis elbow strap while completing active range of motion exercises or when not wearing the long arm orthosis. • May begin weaning out of orthosis during the day, wearing the forearm strap instead. <ul style="list-style-type: none"> ○ Wear orthosis at night. • Review edema management techniques. • May use modalities as indicated. <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. • Begin myofascial techniques as indicated. 	<ul style="list-style-type: none"> • ROM • Continued edema control and pain and scar management
Phase III 6-8 Weeks <u>Depending on pain level</u>	<ul style="list-style-type: none"> • Instruct client in light strengthening exercises beginning with grip strengthening exercises and progressing with ECRL, BR, Supinator and Pronator PRE's. Hold off with strengthening exercises or progress slowly if client is still experiencing pain symptoms. • Begin eccentric muscle exercises if no pain. 	<ul style="list-style-type: none"> • PREs