

## Post-Operative Instructions – Elbow Medial Epicondylar Debridement

### Surgical Procedure:

Following an incision over the medial epicondyle, the pathologic tissue along the flexor muscle/tendon origin is excised.

### Post-op Instructions:

- 48 hours post-op: bulky and compressive dressing may be removed and a light compressive dressing can be applied to the hand, forearm, and above the elbow
- No lifting, carrying, power gripping, or vibratory tools
- Brace:
  - A wrist cock up orthosis is fabricated and issued, to be worn at all times for 4 weeks except for bathing and performance of HEP
  - An optional elbow pad can be fitted to protect the elbow

### 2 weeks:

- Return to work utilizing non-surgical extremity only
- Wound care: Within 48 hours of suture removal, scar massage is initiated along with ElasoMer, Roylan, etc (prn)
- Modalities: Moist heat, ice, and modalities prn
- Edema: Elastic stockinettes or elastic bandages may be utilized once the edema begins to subside

### 4 weeks:

- Brace: Discontinue wrist cock up orthosis
- ROM: Begin PROM of all wrist/FA/hand planes to patient tolerance

### 10 weeks:

- Continue with no power gripping or vibratory tool use
- Strengthening:
  - Begin gentle strengthening as tolerated
  - 5 lb. Weight restriction

### 14-16 weeks:

- Return to work without restriction