



1830 FRANKLIN STREET, SUITE 450
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Partial Osteotomy Lateral Epicondyle and/or Radial Nerve Decompression at elbow.

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(1902 - 1979)

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(1917 - 2005)

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Emeritus

- Day 3** Dressing change, Clean wound
Inspect Wounds
Fabrication long arm splint, elbow 70 degrees flexion, neutral rotation,
Wrist 20 degrees extension, fingers free
Begin digital ROM active and assisted to maintain full ROM
Therapy 1-2X/week
- Week 2** Sutures removed in physician office, instruct on scar massage
Continue above regimen
- Week 3** Discontinue long arm splint
Begin active and assisted elbow flexion/extension,
supination/pronation
Begin active and assisted wrist flexion/extension
Goal is full ROM by week 6
Nerve glides
Therapy 2-3X/week
- Week 4** Begin gentle progressive strengthening program
Putty/gripper
Record ROM, strength weekly
- Week 6** Begin aggressive resistance program
Goal is 60% grip by week 8, 80% by week 10
Therapy 2X/week, increase if needed to meet goals

Reports to physician for week 2,6 and 10 appointments. Weekly strength and ROM measurements noted above to be included