

Lisa Kaplin, DO

LATERAL EXTENSOR TENDON DEBRIDEMENT AND REPAIR REHAB

Phase I Protective Phase 0–6 Weeks

Weeks 0–2

A posterior elbow/wrist orthosis is constructed with the elbow at a 45 degree angle and wrist in neutral. Full time wear except for exercises and hygiene
The patient is instructed in the use of tubigrip and ice and other treatments for edema control.
AROM of shoulder and gentle pain free A/AAROM elbow flexion/extension, forearm supination/pronation, wrist flexion/extension, all within patient tolerance and clinical reasoning.

Weeks 2-4

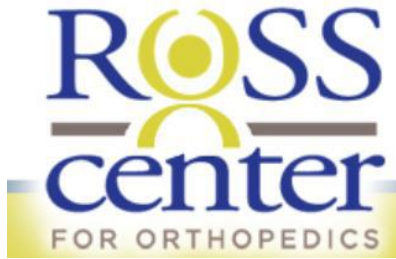
Continue with edema control Scar management initiated as appropriate once sutures are removed
Continue with A/AAROM elbow flexion/extension, forearm supination/pronation, wrist flexion/extension exercises.

Weeks 4-6

Wean from elbow/wrist splint with use of wrist splint as needed for activities
Continue with scar mobilization and edema management
Modalities as indicated; heat, ultrasound, ice, etc
Continue with A/AAROM elbow flexion/extension, forearm supination/pronation, wrist flexion/extension
May initiate composite extensor stretching
Soft tissue mobilization Eccentric/Concentric wrist AROM exercises, no weights
Wrist Isometrics per patient tolerance and clinical reasoning

Goals

- Protect repair Prevent elbow stiffness Regain muscle-tendon length
- Full elbow and wrist AROM Decrease pain and inflammation
- Patient education Precautions
- No lifting over 1 pound
- No pushing, pulling or heavy grasping
- No repetitive use of arm



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Phase II – Intermediate Phase Weeks 6 – 12

Weeks 6-8 weeks

AROM and composite extensor stretching as indicated

Continue with edema control/scar management as needed

Eccentric extensor strengthening-1 lb. 3 sets of 10. Progress to 2 lbs., then 3 lbs. depending on patient status and return to work requirements.

Concentric flexor strengthening as above, can progress to 4 lbs. relative to return to work requirements

Grip strengthening

Weeks 8-12

Begin task specific functional training for return to work and leisure tasks if indicated Progressive strengthening with upper body machines, BTE if indicated

Return to recreational activities and full work duties

Goals

- Maintain full AROM
- Improve strength of whole Upper extremity
- Return to full ADLs
- Ergonomic education relative to returning to work as appropriate Precautions
- No lifting over 5# with involved arm alone

No repetitive resistive use with ADLs