

Open & Arthroscopic ECRB/ECRL Debridement

Dr. Bear only

Surgical Description

- An incision is made upon the lateral aspect of the elbow. After detachment of the common extensor tendon the damaged soft tissue is excised. The lateral epicondyle is debrided and the common extensor origin is reattached.

7 days post-op

- Begin gentle A/PROM exercises to the shoulder, elbow, and forearm
- Pt should continue wearing pre-fab wrist cock-up brace at all times with the exception of bathing/HEP performance. Pt can purchase/wear an elbow pad to protect the elbow as needed.
- Light compression sleeve may be incorporated to decrease edema

3 weeks post-op

- May begin scar management as long as the incision site is healed appropriately.
- May introduce modalities for scar, edema, pain management as needed.

4 Weeks Post-op

- Discontinue use of wrist cock-up brace
- Begin A/AA/PROM of the wrist
- Pt is on a 1 lb weight restriction

10 Weeks Post-op

- Begin strengthening up to 15 lbs

12+ Weeks Post-op

- Continue progressive strengthening/endurance exercises without restrictions per MD

Adapted From:

- 1) Diagnosis and Treatment for Manual for Physicians and Therapists (The Hand Rehabilitation Center of Indiana, 2001/2020).
- 2) Consultation with Brian Bear, MD at OrthoIllinois.