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# ECRB Debridement and Repair (Tennis Elbow)

**REHABILITATION PROTOCOL**

| PHASE | RANGE OF MOTION | SPLINT / BRACE | THERAPEUTIC EXERCISE |
|---|---|---|---|
| **Phase I**<br>**0–1 week**<br>GOAL TO ADVANCE<br>*Swelling controlled* | Gentle elbow, wrist and hand motion as tolerated; active shoulder motion | Sling for comfort; optional wrist splint | Finger motion, gentle wrist motion; ice. No gripping or lifting with the hand |
| **Phase II**<br>**1–4 weeks**<br>GOAL TO ADVANCE<br>*Full elbow and wrist motion* | Passive → active-assisted → active elbow and wrist motion | Discontinue sling | Gentle isometrics; shoulder strengthening. Light daily use only; avoid forceful gripping and lifting with palm down* |
| **Phase III**<br>**4–8 weeks**<br>GOAL TO ADVANCE<br>*Pain-free motion; grip improving* | Full; stretching of forearm muscles to end range | Counterforce (tennis elbow) strap as needed | Progressive wrist and grip strengthening with weights and bands, eccentric wrist extension; massage along the tendon |
| **Phase IV**<br>**8–12 weeks**<br>GOAL TO ADVANCE<br>*Grip strength ≥80-90% of other side* | Full without discomfort | Counterforce strap as needed | Work- and sport-specific training; return to racquet sports, golf and heavy work at about 8-12 weeks** |

**NOTES**

*Gripping and lifting with the palm facing down load the repaired tendon the most

**If approved by physician