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**Lateral Epicondylitis (Tennis Elbow) Tendon Repair**

	<b>Weight Bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Therapeutic Elements</b>
<b>PHASE I 0 – 6 weeks</b>	NWB	Sling for comfort; brace set at 60-90 degrees week 1; open brace progressively to 30-120 by week 3; unlock brace at week 4	PROM 30-120 first 3 weeks, then full PROM	Focus on motion and decreasing inflammation. No elbow or wrist resistance exercises. Modalities: heat before, ice after.
<b>PHASE II 6-8 weeks</b>	Less than 5 lbs	D/C sling and brace	Full AROM	Active wrist flexion and grip strengthening. Submaximal isometric wrist extension. Gentle massage along and against fiber orientation. Ultrasound.
<b>PHASE III 8-12 weeks</b>	WBAT	None	Full ROM	May add active wrist extension with progressive resistance. Continue other strengthening exercises.