



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
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**Post-operative Instructions: Medial/Lateral Epicondyle
Debridement +/- Reattachment**

- 0-2 weeks: Start finger and shoulder ROM immediately after surgery. Remain in splint until follow up. No lifting, pushing, pulling > 2 lbs.
- 2-6 weeks: Remove sutures if present. OT after visit for wrist splint and start passive elbow ROM with wrist splint on. Progress to active ROM at Week 4. Ice frequently. No lifting, pushing, pulling > 2 lbs.
- 6-12 weeks: Discontinue wrist splint. Ok for active and passive ROM of wrist and elbow. Start strengthening exercises, scar desensitization as needed, nerve gliding as needed. No lifting, pushing, pulling > 5 lbs.
- >12 weeks: No restrictions. Use pain as guide and continue strengthening or sport specific exercises until normal.