



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 and sling until follow up. No lifting, pushing, pulling.
- 2 weeks: Remove sutures if present. Transition to wrist brace + sling.
Start passive elbow ROM with wrist splint on. No lifting, pushing, pulling.
- 4 weeks: Discontinue sling. Start therapy and active elbow ROM.
Continue wrist brace. Lift < 2 lbs.
- 6 weeks: Discontinue wrist brace. Continue elbow and wrist stretching until normal. Start gentle strengthening exercises, scar desensitization as needed, nerve gliding as needed. Lift < 5 lbs.
- 12 weeks: No restrictions. Use pain as guide to activities, continue strengthening until normal.