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**Patient Name:**

**Date:**

**Date of Surgery:**

**Elbow Rehabilitation:  
Lateral Epicondylitis /  
ECRB Debridement & Repair**

**Week 1-6: Healing Phase**

- Active / Active Assist / Gentle Passive ROM exercises elbow
- Passive stretching wrist extensors
- Begin with elbow flexed
- Progress to stretching with elbow in extension
- Ice before & after rehab exercises

**Week 6 - 18: Functional Phase**

- Begin Isometric exercises
  - Begin with elbow flexed
  - Progress to elbow extension
- Wrist extensor strengthening: up to 5lbs
- Wrist flexor strengthening
- Grip strengthening (tennis ball squeeze)
- Goal is sprint repetitions to fatigue without pain
- Ice before & after rehab exercises
  
- Anti-inflammatory modalities as needed throughout protocol

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Gregory Galano, MD**