

Lateral or Medial Epicondylitis Protocol

PHASE I- ACUTE :

GOALS:

- ↓ Pain and inflammation
- Regain elbow and wrist ROM

Week 1:

- AAROM
- AROM
- Putty/gripping exercises
- Isometrics: Elbow & wrist
- Isotonic strengthening: wrist

PHASE II- SUBACTUE:

GOALS:

- Maintain full elbow ROM
- Progress strengthening exercises
- Gradually increase functional demands

Week 3:

- Initiate shoulder strengthening exercises
- Continue ROM
- Initiate light resistance elbow exercises
- Initiate PROM & AAROM: supination & pronation

Week 6:

- Continue PROM and AAROM: all directions
- Progress shoulder program
- Progress elbow strengthening program

PHASE III- ADVANCED STRENGTHENING

GOALS:

- Maintain full ROM
- ↑ power, endurance, strength
- Initiate sport activities

Week 7:

- Continue PROM & AAROM: all directions
- Initiate eccentrics for elbow
- Initiate plyometric exercise program
- Continue isotonic: shoulder, forearm, wrist
- Continue until 12 weeks

References:

Brotzman SB, Wilk KE. *Clinical Orthopaedic Rehabilitation*. 2nd ed. Philadelphia, PA: The Curtis Center; 2003.