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- SUBACUTE:

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 isotonics: shoulder, forearm, wrist
• Continue until 12 weeks

References: