



WAYPOINT

ORTHOPAEDIC ASSOCIATES

Epicondylitis Rehabilitation Protocol

Phase I Acute Phase:

- Goals:
- Decrease inflammation
 - Promote tissue healing
 - Retard muscular atrophy
- Cryotherapy
- Stretching to increase flexibility wrist
extension/flexion elbow extension/flexion forearm
supination/pronation
- Isometrics wrist extension/flexion elbow
extension/flexion forearm supination/pronation
- Friction Massage
- Iontophoresis (with anti-inflammatory, ie, dexamethasone)
- Avoid painful movements (ie, gripping, etc)

Phase II Subacute Phase:

- Goals:
- Improve flexibility
 - Increase muscular strength/endurance
 - Increase functional activities/return to function
- Exercises:
- Emphasize Concentric/Eccentric Strengthening
 - Concentration on involved muscle group
 - Wrist extension/flexion
 - Forearm pronation/supination
 - Elbow flexion/extension
 - Initiate shoulder strengthening (if deficiencies are noted)
 - Continue flexibility exercises
 - May use counterforce brace
 - Continue use of cryotherapy after exercise/function
 - Gradual return to stressful activities
 - Gradually re-initiate once painful movements

Phase III Chronic Phase:

- Goals:
- Improve muscular strength and endurance
 - Maintain/enhance flexibility
 - Gradual return to sport/high level activities
- Exercises:
- Continue strengthening exercises (emphasize eccentric/concentric)
 - Continue to emphasize deficiencies in shoulder and elbow strength
 - Continue flexibility exercises
 - Gradually decrease use of counterforce Brace
 - Use of cryotherapy as needed
 - Gradual return to sport activity
 - Equipment Modification (grip size, string tension, playing surface)
 - Emphasize maintenance program