

## Elbow Lateral Epicondylitis Protocol

Phase 1	Acute
Appointments	<ul style="list-style-type: none"> <li>• 1-3 times a week for 6-8 weeks</li> <li>• Teach and transition to home exercise program</li> </ul>
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> <li>• Cryotherapy</li> <li>• NSAIDS</li> <li>• Passive stretching to wrist extensors               <ul style="list-style-type: none"> <li>○ Begin with elbow flexed to 90°</li> <li>○ Progress to stretching with elbow in extension</li> </ul> </li> <li>• Eccentrics               <ul style="list-style-type: none"> <li>○ Wrist extension over a table</li> </ul> </li> <li>• Isometrics               <ul style="list-style-type: none"> <li>○ Elbow extension</li> <li>○ Shoulder</li> <li>○ Scapular</li> </ul> </li> <li>• Modalities               <ul style="list-style-type: none"> <li>○ High voltage galvanic electrical stimulation</li> <li>○ Phonophoresis/iontophoresis</li> <li>○ Ultrasound</li> </ul> </li> <li>• Friction massage</li> <li>• Soft tissue mobilization               <ul style="list-style-type: none"> <li>○ Manual therapy</li> <li>○ Instrument assisted</li> </ul> </li> <li>• Avoid painful movements (gripping) – consider a cock-up wrist splint</li> </ul>

Phase 2	Sub-Acute
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> <li>• Concentric/eccentric strengthening               <ul style="list-style-type: none"> <li>○ Wrist flexion/extension</li> <li>○ Elbow flexion/extension</li> <li>○ Forearm supination/pronation</li> <li>○ Shoulder</li> </ul> </li> <li>• Flexibility exercises</li> <li>• Counterforce brace</li> <li>• Moist heat prior to eccentrics</li> <li>• Ice massage after rehabilitation exercises and as needed during daily activities</li> </ul>

### Lateral Epicondylitis Protocol

Phase 3	
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"><li>• Decrease use of counterforce brace</li><li>• Gradual return to sports with equipment modification<ul style="list-style-type: none"><li>○ (grip size/string tension)</li></ul></li><li>• Maintenance program</li></ul>