

Elbow Medial Epicondylitis Protocol

Phase 1	Acute
Appointments	<ul style="list-style-type: none"> • 1-2 times a week with modalities as appropriate
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Initial eval to assess pain, edema, range of motion and grip strength • Fit with appropriate wrist brace for nighttime use • Education in manual massage of wrist flexors and flexor/pronator origin • Flexor/pronator stretching and eccentric strengthening as appropriate • Education to utilize ice • Education for activity modification with lifting and pulling in a neutral/pronated position • Modalities as appropriate

Phase 2	Sub-Acute
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • 1 time a week (onset 6 months to 1 year) • Initial eval to assess pain, edema, range of motion and grip strength • Fit with appropriate wrist brace for nighttime use • Education in manual massage of wrist flexors and pronator origin • Education in progressive flexor/pronator stretching and eccentric strengthening as appropriate • Education to utilize moist heat • Education for activity modification with lifting and pulling in a neutral/pronated position • Modalities as appropriate • Progressive strengthening for shoulder and shoulder girdle