

Elbow Lateral Epicondylitis Protocol

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

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

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