

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

Elbow Arthroplasty Protocol

Phase 1	Surgery to 2 weeks post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Gravity eliminated elbow extension, forearm supination/pronation AROM • Pain-free elbow flexion AROM 0-90 degrees • Digit AROM • Wrist ROM • Cryotherapy • Scar massage • Hinged elbow brace locked at 45 degrees when not completing HEP or bathing
Phase 2	2-6 weeks post-op
Appointments	<ul style="list-style-type: none"> • 1-3 times per week, depending on patient AROM
Precautions	<ul style="list-style-type: none"> • No lifting greater than 1lb with affected UE
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Continue with AROM for elbow and forearm • Therapist may initiate in clinic pain-free PROM for elbow flexion, extension, supination and pronation • Goal is to reach AROM of elbow flexion/extension 90 degrees to WFL • PROM for forearm supination/pronation • Continue with current brace-wearing protocol
Phase 3	6 weeks post-op
Appointments	<ul style="list-style-type: none"> • 1-3 times per week, depending on range of motion and strength
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Brace may be discontinued • AROM can now be advanced past 90 degrees flexion • Advance patient into light isometric strengthening for shoulder, elbow, forearm, wrist
Phase 4	7-8 weeks post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Advance strengthening to concentric shoulder, elbow, forearm, wrist, hand as tolerated