

Epicondylitis Rehabilitation Protocol

Phase I Acute Phase

Goals: Decrease inflammation
Promote tissue healing
Retard muscle atrophy

Exercises:

Cryotherapy
Whirlpool
Stretching to increase
Flexibility - wrist extension/flexion, elbow extension/flexion,
forearm supination/pronation
Isometrics -wrist extension/flexion, elbow extension/flexion,
forearm supination/pronation
HVGS
Phonophoresis
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