



EPICONDYLITIS REHABILITATION PROTOCOL

Phase I Acute Phase

- Goals:
- Decrease inflammation
 - Promote tissue healing
 - Retard muscular atrophy

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 sport1high 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