

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 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