

## Epicondylitis Rehabilitation Protocol

### Phase I Acute Phase

#### Goals:

- Decrease inflammation
- Promote tissue healing
- Retard muscular 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



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### 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