



Jozef Murar, M.D.

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Patient Name: _____ **Date:** _____
Treatment Frequency: _____ **Duration of Therapy Prescription:** _____

Diagnosis: Medial Epicondylitis / S/P repair Flexor/Pronator tendons @ elbow R / L

PHYSICAL THERAPY PRESCRIPTION:

Week 1 - 6: Healing Phase

- * Sling for comfort, begin gentle elbow motion immediately
- * Modalities for pain/swelling: ultrasound, cryotherapy, massage, compression wrap
- * Active / Active Assist / Gentle Passive ROM exercises
- * Passive stretching wrist flexors (no active wrist flexion)
- * Passive & Active Assist forearm rotation stretching (esp. Pronator Teres)
- * Stretching with elbow in extension alternating with flexion
- * No resistive activity (gentle ADL's permitted)
- * Cock-up wrist splint: 4 wks full time; 6 wks to protect repair during ADL's

Week 6 - 18: Functional Phase

- * Begin Isometric exercises
 - Begin with elbow flexed
 - Progress to elbow extension
- * Wrist flexor strengthening: up to 5lbs
- * Wrist extensor strengthening
- * Grip strengthening (tennis ball squeeze, wet sponge squeeze)
- * Goal is sprint repetitions to fatigue without pain
- * Ice before & after rehab exercises
- * Discontinue cock-up wrist splint when pain permits
- * Return to sport and full activity permitted starting week 12 (when pain free and full strength achieved)

Please send progress notes.

Physician's Signature: _____
(I have medically prescribed the above treatments)

Jozef Murar, M.D.
Orthopaedic Surgeon