

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