

# Lateral or Medial Epicondylitis Protocol



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_ Frequency: \_\_\_\_\_ times per week | Duration: \_\_\_\_\_ weeks

## Week 1:

- » Wear sling for comfort
- » Gentle hand, wrist, and elbow ROM as tolerated
- » Active shoulder ROM
- » Heat before, ice after PT

## Weeks 2-4:

- » Remove sling
- » Advance passive ROM as tolerated, advance to AAROM
- » Gentle strengthening exercises with active motion and submaximal isometrics
- » Continue active shoulder ROM

## Weeks 5-7:

- » Begin strengthening as tolerated, including weights and tubings
- » ROM with continued emphasis on achieving full ROM
- » Gentle massage along and against fiber orientation
- » Counterforce bracing

## Weeks 8-12:

- » Continue counterforce bracing if needed
- » Begin task-specific functional training
- » Return to sport or activities after 12 weeks, as tolerated

## Additional:

- Teach HEP    Work Hardening/Work Conditioning    Functional Capacity Evaluation

## Modalities:

- Ice or cryotherapy before/after    Heat before/after    Electric Stimulation    TENS    Ultrasound
- Trigger points massage    Dry needling    Therapist's discretion

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

---

**Want to learn more?** Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at [anthonyromeomd.com](http://anthonyromeomd.com). →

