

REHABILITATION PROTOCOL EPICONDYLITIS Chase D. Smith, MD

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