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