



Dr. Anthony Romeo, Orthopaedic Surgeon  
DMG Orthopaedics | Bone, Joint & Spine Center

Phone (Ortho): 630.790.1872  
Fax: 630.348.3926

## Lateral or Medial Epicondylitis Release Protocol

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

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

Date of Surgery: \_\_\_\_\_

Frequency: \_\_\_\_\_ times per week | Duration: \_\_\_\_\_ weeks

### Weeks 1:

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

### Weeks 2-4:

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

### Weeks 5-7:

- Advance strengthening as tolerated, including weights and tubings
- ROM with continued emphasis on end-range and passive overpressure
- Gentle massage along and against fiber orientation
- Counterforce bracing

### Months 8-12:

- Continue counterforce bracing if needed
- Begin task-specific functional training
- Return to sport or activities

### Comments:

### Additional:

\_\_\_\_ Functional Capacity Evaluation    \_\_\_\_ Work Hardening/Work Conditioning    \_\_\_\_ Teach HEP

# Lateral or Medial Epicondylitis Release Protocol (cont'd)

**Modalities:**

Electric Stimulation    Ultrasound    Iontophoresis    Phonophoresis    TENS    Heat before/after  
 Ice before/after    Trigger points massage    Other: \_\_\_\_\_  
 Therapist's discretion

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

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