

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**. ➔

