

MEDIAL / LATERAL EPICONDYLITIS

(Conservative Management)

PHASE I:

Instruct in use wrist support for night use and during high activity.

Instruct in use of counter force elbow cuff during activity.

Perform soft tissue mobilization of the extensor bulk.

Ultrasound and / or Iontophoresis (Dexamethasone) over the muscle bulk and /or condyle.

Instruct patient to perform non-resistive & non-repetitive activity.

Instruct in extensor bulk stretches and soft tissue massage.

Phase II (Approximately 4-6 weeks) :

Progress to Phase II after 4-6 weeks and pain improves to approximately (2-3/10) consistently for a week.

Wean off the splints and use of the counter force brace. Rate of the weaning process will depend on the patients activity and symptoms.

Progress to light strengthening: (isolated wrist extension and flexion exercise).

Starting with 1# (10-15) reps for 2 sets at 2 x per day.

If the patient tolerates exercise without an increase in symptoms, then progress by (1 lb) every 4-5 days. Maximum resistance of 4#.

PHASE III

Slowly resume to normal activity.

Ramp up repetitions, intensity, and time of activity (ie golf, tennis, lifting etc) over the next month.

Continue to participate in long term conditioning of the forearm.