



## Epicondylitis Rehabilitation Protocol

**PRECAUTIONS:**      **No elbow ROM for 3 weeks**  
                                 **Posterior splint at 90 degrees flexion with full pronation for 3 weeks**  
                                 **Slow progression with supination, elbow extension & elbow flexion**  
                                 **to protect LCL**  
                                 **No weight bearing (CKC ) exercises for 8-12 weeks**  
                                 **No excessive flexion for 8 weeks**

### I. IMMEDIATE POST-OPERATIVE PHASE (0-3 weeks)

Goals: Protect healing tissue  
Decrease pain/inflammation  
Retard muscular atrophy  
Protect graft site – allow healing

#### Post-Operative Week 1

**Brace:** Posterior splint at 90 degrees elbow flexion  
and full wrist pronation to control wrist rotation (3-4wks)

**Range of Motion:** Begin gradual wrist ROM  
**No ELBOW ROM**  
Shoulder ROM

**Elbow postoperative compression dressing (5-7 days)**  
**Wrist (graft site) compression dressing 7-10 days as needed**

**Exercises:**

- Gripping exercises
- Wrist ROM
- Shoulder isometrics (No Shoulder ER or IR)

**Cryotherapy:** To elbow joint and to graft site at wrist

#### Post-Operative Week 2-3

**Exercises:**

- Continue all exercises listed above
- Initiate shoulder ROM
- **NO ELBOW ROM**

**Cryotherapy:** Continue ice to elbow and graft site

**Post-Operative Week 3:****Brace:** Remain in immobilizer**Exercises:**

- Continue all exercises listed above
- Initiate active ROM shoulder;
  - Full can
  - Lateral raises
  - ER/IR tubing
- \* **no supination 3-6 wks**
- Initiate light scapular strengthening exercises
- May incorporate bicycle for lower extremity strength & endurance

**II. INTERMEDIATE PHASE (Week 4-7)**

**Goals:** Gradual increase to full ROM  
 Promote healing of repaired tissue  
 Regain and improve muscular strength  
 Restore full function of graft site

**Week 4****Brace:** Elbow Hinged ROM Brace 30- 100 (gradual increase elbow flexion)**Exercises:**

- Begin PROM with neutral or in pronation
- Begin light resistance exercises for arm (1 lb)
  - Wrist curls, extensions, pronation, supination
  - Elbow extension/flexion
- Progress shoulder program emphasize rotator cuff and scapular strengthening
- Initiate shoulder strengthening with light dumbbells

**Week 5****ROM:** Elbow ROM 30-125 degrees**Remain in ROM Brace****Continue all Exercises:** Progress all shoulder and UE exercises (progress weight 1 lb.)**Week 6****AROM & PROM** in Brace: 30-135 degrees**Exercises:**

- Initiate Thrower's Ten Program
- Progress elbow strengthening exercises
- Initiate shoulder external rotation strengthening
- Progress shoulder program

**Week 7**

**Brace:** Discontinue Brace at end of Week 6  
**Progress to full ROM**  
**Progress Thrower's Ten Program** (progress weights)

**III. ADVANCED STRENGTHENING PHASE (Week 8)**

**Goals:** Increase strength, power, endurance  
Maintain full elbow ROM  
Gradually initiate sporting activities

**Week 8**

**Exercises:**

- Initiate eccentric elbow flexion/extension
- Continue isotonic program: forearm & wrist
- Continue shoulder program – Thrower's Ten Program
- Progress to isotonic strengthening program