

PRP Injection Lateral Epicondylitis Rehabilitation Program

Days 1-2:

- Limited arm & elbow use for 1-2 days
- Able to perform scapular strengthening & neuromuscular control exercises

Days 3-5:

- Initiate ROM & stretching exercises for the elbow & wrist
- Perform shoulder PROM & stretching exercises
- Initiate radial nerve glide & stretch
- Initiate light concentric (slow) strengthening exercises
- Initiate shoulder strengthening exercise (in particular rotator cuff (ER) strengthening)
- Soft tissue techniques to extensor tendon & muscle
- Modalities to the elbow as needed: laser, heat, electrical stimulation

Days 5-13:

- Initiate soft tissue techniques to extensor tendon & muscle
- Progress slow resistance muscle training – concentric
- Shoulder & scapular strengthening exercises
- Continue all exercises & modalities listed above

Days 14-28:

- Initiate eccentric training for wrist extensors
- Continue stretching for elbow & wrist
- Continue soft tissue techniques to the wrist extensor's tendon
- Continue modalities

Days 29 >:

- Gradual return to functional activities
- Continue eccentric training
- Continue stretching
- Continue soft tissue techniques
- Modalities as needed