

Lateral Epicondylitis (Tennis Elbow): Non-Operative

PHASE I

ACUTE PHASE

GOALS:

- Decrease pain and inflammation
- Promote healing
- Prevent muscle atrophy

PRECAUTIONS:

- Avoid painful movements

TREATMENT RECOMMENDATIONS:

- Stretching: wrist/elbow/shoulder
- Strengthening: isometric wrist
- Counterforce strap
- Modalities: PRN
- HEP

MINIMUM CRITERIA FOR ADVANCEMENT:

- Decreased pain/symptoms

PHASE II

SUBACUTE PHASE

GOALS:

- Increase flexibility
- Improve strength/endurance
- Decrease pain and inflammation
- Improve functional activities

PRECAUTIONS:

- Avoid painful movements

TREATMENT RECOMMENDATIONS:

- Continue stretching
- Strengthening: eccentric wrist
- Shoulder/periscapular program
- Counterforce strap
- Gradual return to activities as painful movement subsides
- Modalities: PRN
- HEP

PHASE III
CHRONIC PHASE

GOALS:

- Improve strength/power/endurance
- Maintain flexibility
- Progress gradually to full activity

PRECAUTIONS:

- None

TREATMENT RECOMMENDATIONS:

- Continue strengthening, endurance, and flexibility
- Continue shoulder maintenance
- Weaning counterforce strap
- Progress to functional drills and ultimately unrestricted activity
- Equipment modification (grip size, string tension, playing surface, etc)
- Modalities: heat, cryotherapy, PRN
- HEP for maintenance