



Brian Waterman M.D.
ORTHOPEDIC SURGERY

Medial Epicondylitis PT Protocol

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

Week 1:

- Wear splint for 7-14 days after surgery.
- Active shoulder ROM
- Ice 2-5 a time daily to reduce swelling

Weeks 2-4:

- Remove splint
- Begin passive and active hand, wrist and elbow ROM.
- Gentle strengthening exercises with active motion
- Continue shoulder Strengthening and ROM

Weeks 4-8:

- Gentle isometrics may begin
- At week 6, May advance to more rigorous, resistive exercises including wrist flexion and forearm pronation
- Gentle massage along and against fiber orientation
- Counterforce bracing in needed
- A progressive strengthening program may follow.

Weeks 8-12:

- Continue counterforce bracing if needed
- Begin task-specific functional training
- Return to sport or activities by 3-6 months postoperatively

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ Date: _____