

LATERAL EPICONDYLITIS REPAIR
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Days 0-7	<ul style="list-style-type: none"> • Sling for comfort if needed • Utilize Velcro wrist immobilizer • PROM → AAROM → AROM of the hand and shoulder/periscapular as tolerated • No elbow or wrist ROM yet
Weeks 2-4	<ul style="list-style-type: none"> • Discontinue sling and begin elbow/wrist passive ROM of the elbow initially • Elbow PROM continued and combined with AAROM within end-range of patient's pain tolerance • Use Velcro wrist immobilizer when not performing wrist PROM exercises
Weeks 4-8	<ul style="list-style-type: none"> • Discontinue Velcro wrist immobilizer • Progress to AAROM → AROM wrist/elbow • ROM with continued emphasis on restoring full A/PROM of the wrist and elbow
Weeks 8-10	<ul style="list-style-type: none"> • Gentle elbow/wrist resistance exercises with active motion and sub-maximal isometrics • Counterforce bracing to common extensor tendon of forearm (if needed)
Weeks 12+	<ul style="list-style-type: none"> • Advanced strengthening (weights/Theraband) • Continue counterforce bracing if needed for patient to complete ADLs and/or strengthening activity pain-free • Begin task-specific functional training • Return to higher-level work/recreational activities