



# TEXAS BONE & JOINT

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## Lateral or Medial Epicondylitis Protocol

The intent of this protocol is to provide the clinician with a guideline of postoperative rehabilitation course. It is not intended to be a substitute for appropriate clinical decision making regarding the progress of the patient's postoperative course. The actual post-surgical physical therapy management must be based on the surgical approach, physical exam/findings, individual progress, and/or the presence of postoperative complications. If a clinician requests assistance in the progression of a patient post-surgery, they should consult Dr. Payne.

### **Phase 1 (1 week)**

- Wear sling for comfort
- Gentle hand, wrist and elbow PROM as tolerated
- Active shoulder ROM
- Heat before, and ice after

### **Phase 2 (2 to 4 weeks)**

- Remove sling
- Advanced ROM: passive motion as tolerated to AAROM
- Gentle strengthening exercises with active motion and submaximal isometrics
- Continue shoulder strengthening and ROM

### **Phase 3 (5 to 7 weeks)**

- Advance strengthening as tolerated
- ROM with continued emphasis on end-range and passive overpressure
- Gentle massage along and against fiber orientation
- Counterforce bracing

### **Phase 4 (8-12 weeks)**

- Continue counterforce bracing if needed
- Begin task specific functional training
- Return to sport or activities 3+ mos