MEDIAL & LATERAL EPICONDYLITIS
REHABILITATION PROGRAM

PHASE I:
- Use modalities as needed to reduce pain, swelling, and inflammation (i.e., ice, heat/cold contrast, phonophoresis, electrical stimulation, etc.).
- Use a brace (i.e., cock up splint, counterforce brace) as needed.
- Wrist flexion and extension stretches

MEDIAL EPICONDYLITIS - Strengthening exercises:
- Wrist extension - Supination
- Biceps curls - Triceps extensions
- Radial deviation - Putty squeeze (wrist in neutral)

NOTE: Avoid strengthening the flexor mass muscle group during this initial phase to allow for healing at the medial epicondyle.

LATERAL EPICONDYLITIS - Strengthening exercises:
- Wrist flexion - Pronation
- Biceps curls - Triceps extensions
- Ulnar deviation - Putty squeeze (in extension)

NOTE: Avoid strengthening the extensor mass muscle group during this initial phase to allow for healing at the lateral epicondyle.

- Apply ice after each session

PHASE II:
- Continue use of modalities as needed.
- Continue wrist flexion and extension stretching exercises.
- Apply ice after each session.

MEDIAL EPICONDYLITIS - Add the following strengthening exercises:
- Putty finger flexion
- Wrist flexion
- Upper body ergometer

LATERAL EPICONDYLITIS - Add the following strengthening exercises:
- Putty finger extension
- Wrist extension
- Upper body ergometer

PHASE III:
- Progress to increased resistance during putty squeezes,
- Add upper extremity strengthening exercises as tolerated.
- Add isokinetic training exercises as needed.
- Progress with upper body ergometer as tolerated.
- Gradually add sport or work related functional drills to prepare for return to former sports or activity.
- Apply ice as needed.