



Keith T. Corpus, MD

### ***Lateral Epicondylitis (Tennis Elbow): Non-Operative***

This information and protocol is a guideline, individual variations and changes will apply

#### **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



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**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

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