

LATERAL EPICONDYLITIS/EPICONDYLALGIA

PHASE 1 (0-4 WEEKS)			
	CONSERVATIVE TREATMENT (Acute/SubAcute)	CONSERVATIVE TREATMENT (Chronic)	POST-OP RELEASE/REPAIR
GOALS	Reduction of pain and inflammation	Pain control	Protect the repair Reduce pain and inflammation Improve range of motion Start formal PT at 2 weeks
REHABILITATION GUIDE	<ul style="list-style-type: none"> - Rest from aggravating activities - Ergonomic modification of work station as required - Modalities for pain: Ice, ultrasound, laser - Taping: kinesiotape, leukotape to unload the tissues - Bracing: if effective - Acupuncture for pain relief - Soft tissue massage, passive/active release - Stretching of forearm muscles - Eccentric strengthening of forearm muscles 	<ul style="list-style-type: none"> - Activity/ergonomic modification - Taping: leukotape to unload tissues, provide proprioceptive function, provide neural unloading - Soft tissue massage, active release, transverse frictions - Neural mobility - Mobilizations - Stretching of forearm muscles - Strengthening of forearm muscles - Strengthening of forearm muscles: eccentric only, slow concentric-eccentric, quick concentric-eccentric 	<ul style="list-style-type: none"> - Tape (kinesiotape for lymphatic drainage) - Modalities for pain: Ice/heat - ROM: wrist ROM, static progressive stretching for elbow - Strengthening: grip squeeze, eccentric only wrist extension - Soft tissue massage, lymphatic drainage
PRE-CAUTIONS	Avoid pain during exercises	Minimal discomfort with exercises	ROM should have minimal discomfort
CRITERIA FOR PROGRESSION TO PHASE 2	Pain free eccentric strengthening Improved painfree grip strength and resisted extension	No improvement with conservative therapy	75-100% ROM

SHOULDER AND ELBOW

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PHASE 2 (4-12 WEEKS)			
	CONSERVATIVE TREATMENT (Acute/SubAcute)	CONSERVATIVE TREATMENT (Chronic)	POST-OP RELEASE/REPAIR
GOALS	Return to regular activities Progress strengthening	Progress strengthening Pain Control	Obtain/Maintain full ROM Progress strengthening
REHABILITATION GUIDE	<ul style="list-style-type: none"> - Gradual return to aggravating activities as tolerated - Modalities: as needed - Taping: as needed - Mobilizations - Neural mobility - Soft tissue massage, passive/active release. Transverse frictions - Stretching - Progression to slow concentric-eccentric and quick concentric-eccentric strengthening for forearm muscles - Add strengthening of upper extremity, scapular muscles 	<ul style="list-style-type: none"> - PRP injection - Cortisone injection 	<ul style="list-style-type: none"> - Static progressive stretching - Progress strength: slow concentric-eccentric, quick concentric-eccentric - At 6 weeks post, gradual return to previous activities - At 3 months post: return to manual labour jobs, contact sports

Special Instructions for the Therapist

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