Lateral or Medial Epicondylitis Protocol

Week 1:
- Wear sling for comfort
- Gentle hand, wrist and elbow ROM as tolerated
- Active shoulder ROM
- Heat before, and ice after

Weeks 2-4:
- Remove sling
- Advance ROM passive motion as tolerated to AAROM
- Gentle strengthening exercises with active motion and submaximal isometrics
- Continue shoulder Strengthening and ROM

Weeks 5-7:
- Advance strengthening as tolerated, including weights and tubings
- ROM with continued emphasis on end-range and passive overpressure
- Gentle massage along and against fiber orientation
- Counterforce bracing

Weeks 8-12:
- Continue counterforce bracing if needed
- Begin task-specific functional training
- Return to sport or activities