

LATERAL EPICONDYLITIS (TENNIS ELBOW) REPAIR

Rehabilitation Protocol

PHASE I: REST PHASE

Goal: relieve pain and inflammation

- Guarded rest period: protection against abuse in activities of daily living and/or sports while maintaining as high an activity level as possible.
- Activity modification
- Counter force bracing

PHASE II: TREATMENT PHASE

- Anti-inflammatory as prescribed by physician.
- Ice massage 3x daily for 10-15 minutes
- Transverse friction massage: place thumb firmly across the tendon, then with deep rhythmical pressure rub across the tendon without rubbing across the skin for 5 minutes 3x daily
- Exercise

PHASE III: GENTLE PASSIVE STRETCHING

- Flexors - straighten elbow completely with palm facing up, grasp the middle of the hand and thumb and pull wrist down as far as possible
 - Hold for 10 seconds. Release and repeat _____ times, _____ times daily.
- Extensors - straighten elbow completely with palm facing down, grasp the back of the hand and pull the wrist down as far as possible
 - Hold for 10 seconds. Release and repeat _____ times, _____ times daily.

PHASE IV: STRENGTHENING EXERCISES

- Grip: putty, small rubber ball
- Wrist curls: support forearm w palm up, using light weights, lower hand as far as possible and then curl it up as high as possible
 - 3 sets of 10 reps, 2x daily
- Reverse wrist curls: support forearm with palm down, using light weights, lower hand as far as possible, then curl wrist up as high as possible
 - 3 sets of 10 reps, 2x daily
- Pronation: support forearm with wrist in neutral position, roll wrist and bring to center line of body as far as possible. Hold for count of 2 and raise back to starting position
 - 2 sets of 10 reps, 2x daily

- Supination: support forearm with wrist in neutral position, roll away from midline as far as wrist will turn. Raise back and start again
 - 2 sets of 10 reps, 2x daily

PHASE V: EQUIPMENT MODIFICATION

Goal: to reduce torsion at the forearm and elbow

- Play on slower court
- Use loosely strung racket
- Use light racket
- Use larger grip
- Avoid dead balls