



MEDIAL & LATERAL EPICONDYLITIS REHABILITATION PROGRAM

COLUMBIA UNIVERSITY CENTER FOR SHOULDER, ELBOW AND SPORTS MEDICINE

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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
- Biceps curls
- Radial deviation
- Supination
- Triceps extensions
- 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
- Biceps curls
- Ulnar deviation
- Pronation
- Triceps extensions
- 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.