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THERAPY PROTOCOL FOR LATERAL EPICONDYLITIS (TENNIS ELBOW)

Note: While this is intended to be a guide, please tailor progression to the patient's surgical procedure and response to treatment. The diagnosis, the surgery performed, and the patient's pre-operative level all play important roles in the post-operative period. Therapy is generally initiated at 1-2 weeks postop. This protocol is a general timeline, and can be accelerated or decelerated according to each individual situation. The protocol is NOT intended to be a comprehensive outline of all activities and restrictions.

This therapy protocol is intended for current patients of Dr. Hansen who are actively under his care. Dr. Hansen reserves the right to change all or part of this protocol based on individual patient progress. Please contact our office if you have questions or concerns.

Thank you for your care of our shared patient!

Frequency: 1-3 times per week for 4-6 weeks

1) Initial Visit

Goal: Confirm diagnosis. Educate for home therapy protocol and activity modification.

- a) Reinforce:
 - i) Daily use of NSAIDS as tolerated by the patient for 4 weeks
 - ii) Use of counterforce brace (tennis elbow strap) as tolerated for activity
 - iii) Activity modification education (neutral wrist position, use of contralateral arm, etc.)
- b) During visit:
 - i) Confirm diagnosis
 - ii) Evaluate strength and range of motion
 - iii) Educate on anatomy and mechanics
 - iv) Establish appropriate home exercise program and use of ice
 - v) Modalities, cross-friction massage as indicated

Phase 1: Weeks 1-2

Goal: Pain-free range of motion and increased strength

- c) Considerations:
 - i) Continue counterforce brace if needed/beneficial
 - ii) Reinforce activity modification and importance of home program
- d) Weeks 1-2
 - i) Modalities as indicated
 - ii) Cross-friction massage
 - iii) Establish full range of motion
 - iv) Therapeutic exercise as tolerated for wrist and grip strength

2) Phase 2: Weeks 3-4 (6 in the setting of appropriate progress)

Goal: Strengthening in the setting of pain-free range of motion

- a) Considerations:
 - i) Reinforce activity modification and importance of home program
- b) Weeks 3-6
 - i) Modalities as indicated
 - ii) Continue deep tissue massage as indicated
 - iii) Advance grip and wrist strengthening as tolerated
 - iv) Refer back to physician if patient progress is unsatisfactory

Guide to advance activity (as tolerated):

- 1-2 weeks: protected phase, avoid aggravating activities
- 3-6 weeks: progress of activity under direction of therapist
- 6+ weeks: advance activity as tolerated, return to referring physician for further evaluation/imaging if results unsatisfactory