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**REHAB PROTOCOL: MEDIAL EPIDCONDYLITIS (GOLFER'S ELBOW)**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I: (Pain and inflammation control)**

**Precautions:**

- NO lifting weight or bands during this phase
- AVOID resistance exercise
- AVOID hand gripping exercises

**PLAN**

- Outpatient pain medications-oral and topical
- Therapeutic modalities during the acute phase
- Gentle passive stretching of the common flexor and common extensor origin muscle (to be done with elbow in flexion)
  1. Wrist flexion
  2. Wrist extension
  3. Wrist radial deviation
  4. Wrist ulnar deviation
  5. Elbow pronation
  6. Elbow supination
- Home Exercise program

**Phase II: (Strengthening phase)**

**Starts as soon as patient's pain is well controlled and patient can tolerate phase I without much discomfort**

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## **PLAN**

- Passive stretching of the common flexor and common extensor origin muscle (OK for the therapist to extend the elbow to get the extra end range stretch)
- Soft tissue mobilization and deep massage
- Elbow and wrist strengthening (forearm supination/pronation; wrist flexion/extension; wrist ulnar/deviation)
  1. Start with theraband and transition to light weights
  2. When working with weights start out with elbow in flexion and transition to elbow in extension to increase the intensity
- Home Exercise program

## **Modalities**

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

## **Evaluation and others**

- ◇ Teach home exercise program

## **Comments:**

**Frequency:**  2  times per week

**Duration:**  12  weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_