



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

LATERAL EPICONDYLITIS ('TENNIS ELBOW') / MEDIAL EPICONDYLITIS ('GOLFER'S ELBOW') DEBRIDEMENT & REPAIR

PHYSICAL THERAPY PROTOCOL

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Patient Name: _____ **Date of Surgery:** _____

Evaluate and Treat – no open chain or isokinetic exercises

Provide patient with home exercise program

Frequency: _____ x/week x _____ weeks

Phase 1 (0-2 weeks): Immediate Post-Operative Phase

- **Goals**

- Protect healing tissue
- Decrease pain/inflammation



- Prevent muscular atrophy
- Avoid strengthening the extensor muscle group during this initial phase to allow for healing at lateral epicondyle
- **Splinting**
 - Posterior mold splint and sling until first post-operative appointment
 - Cock up wrist splint for weeks 2-6
- **Weight Bearing**
 - None
- **ROM**
 - Advance from PROM to AAROM of elbow
 - No resisted supination or pronation
- **Other**
 - Initiate light scar mobilization incision

Phase 2 (3-6 weeks): Intermediate Phase

- **Goals**
 - Gradual increase to full ROM
 - Promote healing of the repaired tissue
 - Regain and improve muscular strength
- **Splinting**
 - Cock up wrist splint
- **Weight Bearing**
 - None
- **Other**
 - Initiate AROM of elbow and wrist (no resistance)
 - Initiate light wrist flexion stretching
 - Initiate active ROM shoulder:
 - ER/IR tubing
 - Lateral raises
 - Initiate light scapular strengthening exercises
 - Initiate stationary bike for lower extremity

Phase 3 (6-9 weeks): Initial Strengthening Phase

- ROM: Elbow ROM 0-135 degrees
- Discontinue cock up wrist splint
- Begin light resistance exercises for arm, starting with bands
 - Lifting initiated in forearm supination or neutral
- Progress shoulder program emphasizing rotator cuff and scapular strengthening
- Continue stationary biking

Phase 4 (9-16 weeks): Advanced Strengthening and Return to Sport

- ROM: Elbow ROM 0-135 degrees



- Continue all Exercises: Progress all shoulder and UE exercises
- Progress elbow strengthening exercises
- Initiate shoulder external rotation strengthening
- Initiate eccentric elbow flexion/extension
- Continue isotonic program: forearm & wrist
- Initiate plyometric exercise program (2 hand plyos close to body only)
 - Chest pass
 - Side throw close to body
- Advance to isotonic machines strengthening exercises (if desired)
 - Bench press (seated)
 - Lat pull down
- Expected return to all activities by 12-16 weeks.

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would ___ would not benefit from social services.

Date: _____

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