

Rehabilitation Protocol: Medial Epicondylitis

Phase I – Maximum Protection (0 to 10 days):

- Complete immobilization in 90° splint
- Sling for 2 weeks
- Ice and modalities to control inflammation

Phase II – Intermediate Phase (10 days to 4 weeks):

10 Days to 2 Weeks:

- Discontinue sling at 2 weeks
- Modalities as needed for inflammation
- Begin passive elbow and wrist range of motion in all planes as tolerated
- Begin active shoulder retraction/protraction

Weeks 2 to 4:

- Maintain program as outlined in weeks 0 to 2
- Continue modalities to control inflammation
- Progress to active assisted elbow and wrist range of motion in all planes
- Initiate rotator cuff and scapular strengthening without stressing the flexor/pronator mass
- Initiate terminal range of motion stretching as tolerated

Phase III – Active Range of Motion Phase (weeks 4 to 6):

- Modalities as needed
- Continue with end range stretching of the wrist flexors and extensors
- Begin active range of motion of the elbow and wrist in all planes
- Initiate submaximal isometrics flexor/pronator mass
- Begin PREs in wrist extension and supination
- Advance rotator cuff and scapular strengthening program
- Manual resistance and PNF patterns

Phase IV – Strengthening Phase (weeks 6 to 8):

- Continue with terminal range stretching
- Advance PREs in wrist extension and supination
- Advance rotator cuff and scapular strengthening program
- Begin pronator/flexor mass strengthening

Phase V – Progressive Strengthening and Proprioceptive Phase (weeks 8 to 12):

Weeks 8 to 10:

- Increase PREs throughout wrist, elbow, and shoulder complex; include flexor/pronator mass
- Begin global upper extremity gym strengthening program, use caution with pulling and biceps exercises

Weeks 10 to 12:

- Initiate closed kinetic chain strengthening
 - Push-up progression
 - Seated serratus push-ups
- Initiate plyometric program
 - Plyoball wall drills
 - Double arm rebounder drills progressing to single arm

Phase VI – Interval Throwing Program (week 12):

- Follow-up appointment with physician
- Initiate return to sport program per physician approval