MEDIAL EPICONDYLITIS REPAIR
REHABILITATION PROTOCOL

IMMEDIATE POSTOPERATIVE PHASE

Goals
- Protect healing tissue
- Decrease pain/inflammation
- Retard muscular atrophy
- Avoid strengthening the flexor mass muscle group during this initial phase to allow for healing at medial epicondyle

Weeks 1-2

- Brace: 90 degrees elbow flexion
- Cryotherapy: To elbow joint
- Active assisted ROM
- Brace: Elbow ROM 0-120 degrees (Gradually increase ROM – 5 degrees, Ext/10 degrees of Flex per week)
- Continue wrist ROM exercises
- Initiate light scar mobilization incision
- Cryotherapy to elbow

INTERMEDIATE PHASE

Goals
- Gradual increase to full ROM
- Promote healing of repaired tissue
- Regain and improve muscular strength
- Restore full function of graft site

Weeks 3-4

- Brace: Elbow ROM 0-140 degrees
- Continue all exercises listed above
- Elbow ROM in brace
- Initiate active ROM Wrist and Elbow (No resistance)
- Initiate light wrist flexion stretching
- Initiate active ROM shoulder:
  - ER/IR tubing
  - Elbow flex/extension
  - Lateral raises
- Initiate light scapular strengthening exercises
- May incorporate stationary bike for lower extremity
• D/C brace and use wrist splint
• Begin light resistance exercises for arm (1 lb)
  - Wrist curls, extensions, pronation, supination
  - Elbow extension/flexion
• Progress shoulder program emphasize rotator cuff and scapular strengthening
• Initiate shoulder strengthening with light dumbbells

ADVANCED STRENGTHENING PHASE

Goals
Increase strength, power, endurance
Maintain full elbow ROM
Gradually initiate sporting activities

Weeks 6-18

• 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
• Continue stretching calf and hamstrings
• Continue all exercises listed above
• Program plyometrics to 2 hand drills away from body
  - Side to side throws
  - Soccer throws
  - Side throws
• Initiate isotonic machines strengthening exercises (if desired)
  - Bench press (seated)
  - Lat pull down
• Initiate golf, swimming
• Continue strengthening program
• Emphasis on elbow and wrist strengthening and flexibility exercises
• Maintain full elbow ROM
• Initiate one hand plyometric throwing (stationary throws)
• Initiate one hand wall dribble
• Initiate one hand baseball throws into wall