

**LATERAL EPICONDYLITIS PROTOCOL**

	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> Week 1	Wear sling and splint	Gentle hand, wrist motion	
<b>PHASE II</b> Weeks 2-6	Remove sling/splint	Passive ROM as tolerated, advance to light active range of motion	Gentle strengthening exercises with active motion and submaximal isometrics Continue shoulder Strengthening and ROM. <b>AVOID WRIST EXTENSION</b>
<b>PHASE III</b> Weeks 6-7	Counterforce bracing	ROM with continued emphasis on end-range and passive overpressure. Maintain range of motion, maintain flexibility. Gentle massage along fibers orientation.	Begin active wrist extension activities. Advance gentle strengthening as tolerated, including weights and tubings
<b>PHASE IV</b> Weeks 8-12	Continue counterforce bracing if needed		Begin task-specific functional training Return to sport or activities

**Comments:**

Functional Capacity Evaluation     Work Hardening/Work Conditioning     Teach HEP