

MEDIAL EPICONDYLITIS PROTOCOL

	BRACE	ROM	EXERCISES
PHASE I Week 1	Slingshot / Gunslinger Brace for 6 weeks	PROM only for 6 weeks Grip strengthening, elbow ROM, wrist ROM	Isometrics in brace, gentle supported Codman exercises
PHASE II Weeks 2-4	Sling at night, can discontinue using the sling during the day	AROM only as tolerated to increase ROM; no PT stretching or manipulation Restrict to 140° FF/ 40° ER at side/ IR to stomach/ 45° Abduction	Scapular stabilization exercises avoiding anterior capsule stress Begin light isometrics for rotator cuff and deltoid, with arm at the side Can begin stationary bike
PHASE III Weeks 4-8		If ROM lacking, increase to full with <u>gentle</u> passive stretching at end ranges	Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per exercise for rotator cuff, deltoid, and scapular stabilizers Only do strengthening 3x/week to avoid rotator cuff tendonitis Begin eccentric motions, plyometrics (ex. Weighted ball toss), and closed chain exercises at 16 weeks Begin sports related rehab at 4 ½ months, including advanced conditioning Return to throwing at 6 months Throw from pitcher's mound at 9 months No collision sports allowed MMI is usually at 12 months
PHASE IV Weeks 8-12			Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per exercise for rotator cuff, deltoid, and scapular stabilizers

Comments: