

[Twincitiesshoulderandelbow.com](http://Twincitiesshoulderandelbow.com)  
Dr. Chad Myeroff's Rehabilitation Protocol

Lateral Epicondylitis (Tennis Elbow) – Non-Operative

**Three times per day home exercise program:**

**Goals:**

- 1) **Strengthen your wrist and forearm flexors and extensors**
- 2) **Decrease lateral elbow inflammation for a focused period of times**
- 3) **Protect the wrist during heavy activities**

Phase 1: 0-12 weeks

- Generalized flexor-pronator, mobile wad, wrist stretching and strengthening
  - Use a hammer or similar object
- Eval and treat with additional modalities as indicated
  - OK for Iontophoresis, dry needling, acupuncture, desensitization
- Precautions would include avoiding heavy lifting (more than 5 pounds repetitive)
  - Especially avoid heavy resisted wrist extension and supination
  - Use wrist brace
    - Most of the day while active
    - Especially during any high demand activities
    - Remove for hygiene, therapy, sleep
- Couple this period of treatment with an anti-inflammatory protocol if medically tolerable:
  - Scheduled ibuprofen (600mg TID) if not contraindicated
  - Ice massage for 30 minutes 3 times per day over the lateral epicondyle
  - Nitroglycerine patches daily to the lateral epicondyle if prescribed

Phase 2: 12-24 weeks

- Wean from wrist brace except for when lifting >5#
- Generalized UE strengthening
- Activities as tolerated (if ROM adequate and pain free)
  - Independent home exercise program
  - Return to sport
  - Work hardening
- Return to Dr. Myeroff for consideration of PRP injection, TENEX or surgery if still symptomatic

[More info: twincitiesshoulderandelbow.com/tennis-elbow-shoulder-elbow-specialist-minneapolis-saint-paul.html](http://twincitiesshoulderandelbow.com/tennis-elbow-shoulder-elbow-specialist-minneapolis-saint-paul.html)