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Dr. Chad Myeroff's Rehabilitation Protocol

Lateral Epicondylitis (Tennis Elbow) – 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: 0-6 weeks

- Gentle flexor-pronator, mobile wad, wrist stretching
- Precautions
  - No lifting >coffee cup
  - NO resisted wrist extension and supination
  - Use wrist brace full time except for hygiene exercises ROM exercises
- Starting at 2 weeks Ice massage for 30 minutes 3 times per day over the lateral epicondyle

Phase 2: 6-12 weeks

- Wean from wrist brace except for work and household activities
- 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
  - No lifting >5#
  - NO resisted wrist extension and supination >2#
  - Wean from wrist brace
    - Except for work and household activities
    - Remove for hygiene, ROM exercises, sleep

Phase 2: 12-18 weeks

- Activities as tolerated (if ROM adequate and pain free)
  - Independent home exercise program, unrestricted strengthening
  - Return to sport
  - Work hardening

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)

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