

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Medial Epicondylitis (Golfer's Elbow) – Non-Operative

Three times per day home exercise program:

Goals:

- 1) Strengthen your wrist and forearm flexors and extensors**
- 2) Decrease medial 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 flexion and pronation
 - 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/golfers-elbow-shoulder-elbow-specialist-minneapolis-saint-paul.html