

**Twincitiesshoulderandelbow.com**  
**Dr. Chad Myeroff's Rehabilitation Protocol**

**Medial Epicondylitis (Golfer's 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 flexion or pronation
  - 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 flexion or pronation >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/golfers-elbow-shoulder-elbow-specialist-minneapolis-saint-paul.html](http://twincitiesshoulderandelbow.com/golfers-elbow-shoulder-elbow-specialist-minneapolis-saint-paul.html)**

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