



Rehabilitation Protocol: Lateral Epicondylitis (Tennis Elbow) Debridement

	RANGE OF MOTION	BRACE	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	No restrictions. Passive to active-assisted to active.	Sling for comfort.	Shoulder, elbow, wrist, hand ROM. Focus on motion and decreasing inflammation. No elbow or wrist resistance exercises. Modalities: heat before, ice after.
PHASE II 4 - 8 weeks	ROM with emphasis on end-range and passive overpressure.	Discontinue sling.	Active wrist flexion and grip strengthening. Submaximal isometric wrist extension. Gentle massage along and against fiber orientation. Ultrasound.
PHASE III 8 - 12 weeks	Full.	None.	May add active wrist extension with progressive resistance. Continue other strengthening exercises.
PHASE IV 3 - 6 months	Full painless motion.	None.	Advanced strengthening. Sport-specific training. Return to full activities as tolerated.

LOCATIONS

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