

Epicondylitis/Elbow Tendonitis/Arthritis/Bursitis

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Patient can be progressed through phases of protocol more rapidly than time frames given, as tolerated.

Phase I: 0 – 3 weeks

Goals for Phase I:

1. Swelling and pain control
 2. Functional ROM
 3. Functional strength
- A. Orthotics: tennis elbow strap for epicondylitis, padded elbow sleeve for olecranon bursitis
 - B. ROM: Work to restore full A/PROM of elbow, normalize flexibility
 - C. Flexibility: Stretching of forearm muscles
 - D. Strengthening: Start with AROM and ease into PRE's, grip strengthening, progress as tolerated, *do not overstrain*
 - E. Functional activities: Use arm for ADL's as tolerated.
 - F. Soft tissue management: swelling control, desensitization
 - G. Modalities: Utilize for pain, inflammation (iontophoresis), US, swelling control, ice

Phase II: 3 – 6 weeks

Goals for Phase II:

1. Normal ROM
 2. Good strength
 3. Begin work/sports activities
- A. Orthotics: Continue tennis elbow strap or padded elbow sleeve PRN
 - B. ROM: Continue ROM as needed
 - C. Strength: More aggressive PRE's, weights, thera-band etc.
 - D. Functional activities: sports/work related activities as tolerated

Phase III: 6 weeks to release

Goals for Phase III:

1. Normal strength
 2. Return to work/sports
- A. Continue strengthening/conditioning/functional activities as needed