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Shoulder and Elbow Surgery jamesgregorymd.com

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Lateral or Medial Epicondylitis Protocol

Name:	Date:
Diagnosis:	
Date of Surgery: Next Physician Appointment:	
Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Week:	S
Week 1:	
Wear sling for comfort	
Gentle hand, wrist and elbow ROM as tolerated	
Active shoulder ROM Heat before and its after.	
Heat before, and ice after	
Weeks 2-4:	
Remove sling	
 Advance ROM - passive motion as tolerated to AAROM 	
Gentle strengthening exercises with active motion and submaximal isometrics	
Continue shoulder strengthening and ROM	
Weeks 5-7:	
Advance strengthening as tolerated	
 ROM with continued emphasis on end-range and passive overpressure 	
 Gentle massage along and against fiber orientation 	
Counterforce bracing	
Weeks 8-12:	
Continue counterforce bracing if needed	
Begin task-specific functional training	
Return to sport or activities	
Comments:	
comments.	
Teach Home Exercise Program	
Modalities	
Heat before Ice after Other	Therapist's discretion
Signature	



