

## **Lateral Epicondylitis PT Protocol**

### **Week 1:**

- Wear sling for comfort
- Gentle hand, wrist and elbow ROM as tolerated
- Active shoulder ROM
- 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, including weights and tubing
- 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