

## Lateral/Medial Epicondylitis

**Dr. Staiger**

\*Treat these clients depending on doctor's orders.

Time Frame	Treatment	Goals
Phase I Initial Visit	<p><b>A) Evaluate and Treat with only a home exercise program:</b></p> <ul style="list-style-type: none"> <li>• Instruct in home exercise program (begin with icing and stretching only and tell client to progress to strengthening once pain significantly decreases).</li> <li>• Issue a prefabricated tennis elbow strap (A4467) and instruct on proper placement or a prefabricated wrist cock-up orthosis (L3908) depending on doctor's orders.               <ul style="list-style-type: none"> <li>○ Wear tennis elbow strap or wrist cock-up with all functional activities.</li> </ul> </li> <li>• Instruct in deep friction/cross-frictional massage techniques at point of maximal tenderness with Biofreeze, lotion, or CBD oil/cream PRN.</li> <li>• Eval for myofascial technique benefits/implement as indicated.</li> </ul> <p><b>B) Evaluate and Treat:</b></p> <ul style="list-style-type: none"> <li>• Instruct on icing and home exercise program beginning with stretches and progressing as tolerated.</li> <li>• For chronic clients, begin Flexbar exercise in clinic.</li> <li>• Issue a prefabricate forearm strap (A4467) unless a prefabricated wrist cock-up (L3908) is ordered.</li> <li>• Assess client:               <ul style="list-style-type: none"> <li>○ Special tests possibly including Cozen's, Resistive Tennis Elbow Test, and Passive Tennis Elbow Test.</li> <li>○ Assess grip strength-be careful not to have the client squeeze as hard as they can and push through their pain, this will flare them up.</li> <li>○ Are they tender to palpation over the radial tunnel or lateral epicondyle?</li> </ul> </li> <li>• May use modalities as indicated.               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> <li>○ IASTM may be used as needed (Avoid PIN if irritated)</li> <li>○ Instruct in cross-frictional massage techniques with Biofreeze, lotion, or CBD oil/cream PRN.</li> <li>○ Eval for myofascial technique and IASTM benefits/implement as needed.</li> </ul> </li> <li>• Progress to strengthening once pain symptoms go down.               <ul style="list-style-type: none"> <li>○ Instruct in grip exercises then eccentric muscle strength exercises.</li> </ul> </li> </ul> <p><b>*For medial epicondylitis do the same thing as above, except Golfer's Elbow Test, and gentle resisted wrist flexion.</b></p>	<ul style="list-style-type: none"> <li>• Pain management</li> <li>• ETL and/or FTL ROM</li> </ul>