

Lateral/Medial Epicondylitis

Dr. Widstrom

❖ Orders may vary treat accordingly, may only be one time eval

Time Frame	Treatment	Goals
Phase I: Initial visit:	<ul style="list-style-type: none"> ● Evaluate and Treat or Eval only ● Instruct in HEP <ul style="list-style-type: none"> ○ Start with icing, massage and stretching ○ Once reduction in pain begin strengthening as tolerated ○ Topical treatments PRN ● Issue wrist cock-up or counter force strap depending on MD orders <ul style="list-style-type: none"> ○ Wear with all resistive and functional activities ○ Dr. Widstrom prefers wrist cock-up ● Modalities as indicated <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. ● IASTM/Manual therapy 	<ul style="list-style-type: none"> ● ROM, ETL and/or FTL ● Pain Management ● Brace/strap education
Phase II: Follow up visit	<ul style="list-style-type: none"> ● Progressive resistive exercises as tolerated <ul style="list-style-type: none"> ○ Theraband Flexbar tennis elbow exercise, eccentric and/or isometric strengthening ● Continue with modalities ● Continue with IASTM/manual therapy ● Continue with treatment PRN on case to case basis 	<ul style="list-style-type: none"> ● ROM ● Pain management ● PRE