

Lateral/Medial Epicondylitis
Dr. Lauer

Time Frame	Treatment	Goals
Phase I: Initial Visit	<ul style="list-style-type: none"> • Evaluate and Treat <u>or</u> 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 prefabricated neutral wrist cock-up brace (L3908) <ul style="list-style-type: none"> ○ Wear with all resistive and functional activities • Modalities as indicated <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. 	<ul style="list-style-type: none"> • ROM, ETL and/or FTL • Pain Management • Brace/strap education
Phase II Follow up visit (s)	<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 • PREs