

Lateral/Medial Epicondylitis

Dr. Staiger

*Treat these clients depending on doctor's orders.

Time Frame	Treatment	Goals
Phase I Initial Visit	<p><u>A) Evaluate and Treat with only a home exercise program:</u></p> <ul style="list-style-type: none"> • Instruct in home exercise program (begin with icing and stretching only and tell client to progress to strengthening once pain significantly decreases). • Issue tennis elbow strap and instruct on proper placement or wrist cock-up orthosis depending on doctor's orders. • Wear tennis elbow strap or wrist cock-up with all functional activities. • Instruct in deep friction/cross-frictional massage techniques at point of maximal tenderness with Biofreeze, lotion, or CBD oil/cream PRN. • Eval for myofascial technique benefits/implement as indicated. <p><u>B) Evaluate and Treat:</u></p> <ul style="list-style-type: none"> • Instruct on icing and home exercise program beginning with stretches and progressing as tolerated. • For chronic clients, begin Flexbar exercise in clinic. • Issue strap unless wrist cock-up is ordered. • Assess client: <ul style="list-style-type: none"> ○ Special tests possibly including Cozen's, Resistive Tennis Elbow Test, and Passive Tennis Elbow Test. ○ 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. ○ Are they tender to palpation over the radial tunnel or lateral epicondyle? • May use modalities as indicated <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. ○ IASTM may be used as needed (Avoid PIN if irritated) ○ Instruct in cross-frictional massage techniques with Biofreeze, lotion, or CBD oil/cream PRN. ○ Eval for myofascial technique and IASTM benefits/implement as needed • Progress to strengthening once pain symptoms go down. <ul style="list-style-type: none"> ○ Instruct in grip exercises then eccentric muscle strength exercises. <p>*For medial epicondylitis do the same thing as above, except Golfer's Elbow Test, and gentle resisted wrist flexion.</p>	<ul style="list-style-type: none"> • Pain management • ETL and/or FTL ROM