

Lateral Epicondylitis / Medial Epicondylitis Exercises

Craig E. Weil, MD

Stage I Acute Stage

1. Stretching wrist flexors and/or extensors
2. Wrist flexion/extension, elbow flexion/extension, forearm pronation / supination active range of motion (pain-free)
3. Gripping (towel, ball)
4. Postural Education/Trunk Stability: rows: t-band and PRE's, shrugs, postural training using physioball, wall push-ups, etc. (be creative)

Stage II Restorative Stage

1. Continue to progress phase I exercises
2. UBE for circulation/conditioning
3. Progress to PRE's for wrist/elbow/forearm motions as tolerated in pain free ranges (i.e. wrist roller, web gripper, ball squeezes, theraputty, tricep push downs, tridips, isodips, etc.)
4. Continue postural education/core/trunk stability

Stage III Sport-Specific/Return to Work

1. Simulated forehand/backhand/serve using tubing
2. Functional strengthening (i.e. Plyoball throws against rebounder, impulse using tubing, wall ball dribbles)
3. Interval throwing programs and simulated pitching/throwing using tubing
4. Golf swings using clubs or tubing
5. Simulated typing/lifting/carrying