

Medial Epicondylitis: Golfers Elbow Protocol
Craig Weil, MD

Stage 1:

Perform stretches 10 times 3 times a day. Stretch only to the point of pain. Perform them slowly and gently.

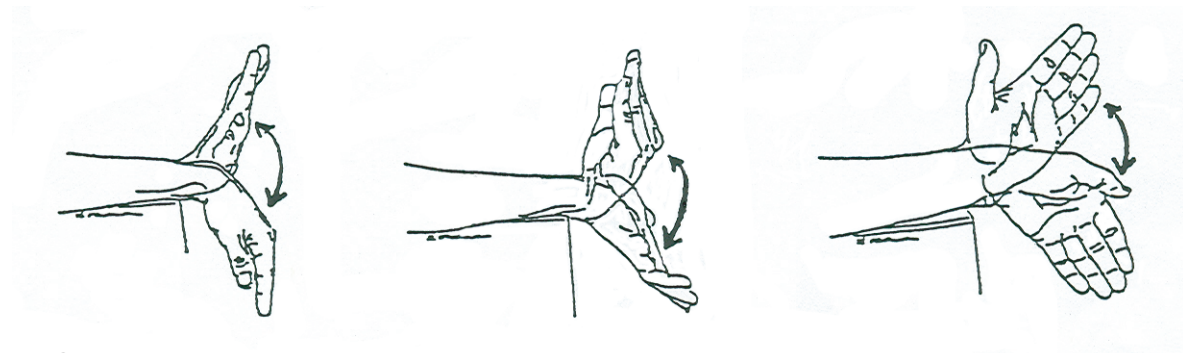
Ice with an ice massage about 5 minutes 3-5 times a day.

Wear the wrist splint (0-10 palmar flexion) as much as possible. Wear dispersive arm band distal of the medial epicondyle during resistive activities.



Stage II:

When the apin has decreased, continue to do the stretches. Add active exercises 15 times 3 times a day. If there is pain, discontinue and go back to Stage 1. Continue to ice after exercise and wear splints as outlined.



Stage 3:

Strengthening. Continue stretching before exercise. You will gradually begin to add weight to the exercise in Stage 2. Start with 1# weight and stay on each level about 2 days.

- Level 1:** 2 sets of 8, 3 times a day
- Level 2:** 2 sets of 10, 3 times a day
- Level 3:** 3 sets of 8, 3 times a day
- Level 4:** 3 sets of 10, 3 times a day

When you can perform Level 4 with no pain, add an additional 1# weight and start over at Level 1. Increase to 4-5 lbs. Ice after exercise.

Addendum: A long arm splint at 90 degrees of elbow flexion may be necessary if significant pronator teres pain of painful pronation is evident.