

# **Tennis Elbow Protocol**

## **Craig E. Weil, MD**

### **Things to Consider**

1. Neural tension test for upper quadrant
2. C5/6 dysfunction
3. Various manual techniques as indicated  
(i.e. Mulligan's SMWAM's, ulnar glides, Mills Maneuver, ULTT/Neural glides, cervical mobilization)

### **Phase I Acute phase**

#### **Goals =**

Resting pain 0/10  
Restore wrist and elbow AROM pain-free  
Patient education in etiology of symptoms  
Promote optimal tissue healing environment and decrease inflammation

1. Modalities as needed for inflammation and pain reduction (iontophoresis, ultrasound, e-stim)
2. Joint Mobilization as needed proximal and distal radioulnar, humeroulnar, and humeroradial
3. STM/MFR, cross friction massage, and retrograde edema massage to wrist extensors and wrist extensor tendinous unit as needed
4. Stretching to wrist flexors and/or extensors as indicated by examination findings
5. AROM in uniplanar pain free ranges: wrist flexion/extension/RD/UD; forearm pronation/supination; elbow flexion/extension
6. Gripping, no resistance
7. Postural Education/Trunk Stability: rows: t-band and PRE's, shrugs, postural training using physioball, wall push-ups, etc. (be creative)

## **Phase II Restorative phase**

### **Goals =**

Full A/PROM and flexibility of wrist, forearm, and elbow  
Promote optimal collagen remodeling  
Restore UE strength and endurance  
Return to work, sport, and functional tasks without limitations

1. Continue modalities prn
2. Joint Mobilizations prn
3. Continue to progress phase I exercises
4. UBE for circulation/conditioning
5. 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.)
6. Continue postural education/core/trunk stability

## **Phase III Sport specific/Return to work (i.e. tennis, baseball, softball, golf, work)**

### **Goals =**

Return to work, sport, and functional tasks without limitations  
Prevention of recurrence of pain and dysfunction by correction of poor techniques

1. Instruction in proper technique for tennis swing (forehand, backhand, slice, volley), baseball throwing and pitching, golf swing, and work specific movements.
2. Simulated forehand/backhand/serve using tubing
3. Functional strengthening (i.e. Plyoball throws against rebounder, impulse using tubing, wall ball dribbles)
4. Interval throwing programs and simulated pitching/throwing using tubing
5. Golf swings using clubs or tubing
6. Simulated typing/lifting/carrying.