

Tennis Elbow Therapy Protocol

Dr. Bieber

Phase One:

- Treat 2 times a week for 4 weeks
 - The goal in this phase is symptom management
- NO UPPER EXTREMITY STRENGTHENING
 - No eccentrics in this phase
 - Patient instructed to minimize hand use and rest as much as possible
- Check cervical spine and treat as needed
 - Check for C5 and / or C6 referral or contribution
- Address postural contributions
 - Work on scapular alignment but no bands or weight in hand
- Address local tissue dysfunction as indicated. Consider the following:
 - Friction massage for local tendinosis
 - Trigger point release as needed
 - Kinesio tape
 - Soft tissue mobilization / instrument assisted soft tissue mobilization
 - Modalities as needed
- Check for joint dysfunction (focus on proximal radio-ulnar glides as well as full elbow flexion and extension)
 - Mobilizations as needed
- Consider counter force brace if it alleviates pain.

Phase Two:

- Return to Doctor at 4 weeks
 - Hold therapy for at least 4 weeks.
 - The physician will determine if and when the patient will return to therapy
 - Avoid offending activities during this time-frame

Phase Three:

- Return to therapy after 4 weeks of rest and pain self-management
- Continue with phase 1 interventions as needed based on re-exam
- Initiate strengthening exercises
 - Minimize symptom production
 - Initiate wrist extensor eccentric program
 - Address full UE strength