

# MEDIAL EPICONDYLITIS REPAIR REHABILITATION PROTOCOL

Andrew J. Pastor, M.D.

Shoulder and Elbow Surgery

## IMMEDIATE POSTOPERATIVE PHASE

**Goals** Protect healing tissue  
Decrease pain/inflammation  
Retard muscular atrophy

Avoid strengthening the flexor mass muscle group during this initial phase to allow for healing at medial epicondyle

### Weeks 1-2

- Elbow ROM 0-90 degrees
- Cryotherapy: To elbow joint
- Active assisted ROM
- Continue wrist ROM exercises
- Initiate light scar mobilization incision
- Cryotherapy to elbow

## INTERMEDIATE PHASE

**Goals** Gradual increase to full ROM  
Promote healing of repaired tissue  
Regain and improve muscular strength  
Restore full function of repair site

### Weeks 3-4

- Elbow ROM 0-140 degrees
- Continue all exercises listed above
- Elbow ROM
- Initiate active ROM Wrist and Elbow (No resistance)
- Initiate light wrist flexion stretching
- Initiate active ROM shoulder:
  - ER/IR tubing
  - Elbow flex/extension
  - Lateral raises

Modified protocol from Christopher S. Ahmad, M.D.

- Initiate light scapular strengthening exercises
- May incorporate stationary bike for lower extremity
- Begin light resistance exercises for arm (1 lb)
  - Wrist curls, extensions, pronation, supination
  - Elbow extension/flexion
- Progress shoulder program emphasize rotator cuff and scapular strengthening
- Initiate shoulder strengthening with light dumbbells

## ADVANCED STRENGTHENING PHASE

**Goals** Increase strength, power, endurance

Maintain full elbow ROM

Gradually initiate sporting activities

### Weeks 6-18

- ROM: Elbow ROM 0-135 degrees
- Continue all Exercises: Progress all shoulder and UE exercises
- Progress elbow strengthening exercises
- Initiate shoulder external rotation strengthening
- Initiate eccentric elbow flexion/extension
- Continue isotonic program: forearm & wrist
- Initiate plyometric exercise program (2 hand plyos close to body only)
  - Chest pass
  - Side throw close to body
- Continue stretching calf and hamstrings
- Continue all exercises listed above
- Program plyometrics to 2 hand drills away from body
  - Side to side throws
  - Soccer throws
  - Side throws
- Initiate isotonic machines strengthening exercises (if desired)
  - Bench press (seated)
  - Lat pull down
- Initiate golf, swimming
- Continue strengthening program
- Emphasis on elbow and wrist strengthening and flexibility exercises
- Maintain full elbow ROM
- Initiate one hand plyometric throwing (stationary throws)
- Initiate one hand wall dribble
- Initiate one hand baseball throws into wall

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