Protocol E2
Non-Operative Rehabilitation Program for
Tennis Elbow (Lateral Epicondylitis)

ACTIVITY MODIFICATION:
• Avoid activities which aggravated your elbow pain
• Avoid grasping objects palm downward, lifting objects with forearm pronated.

MODIFICATIONS FOR TENNIS PLAYERS:
• Suspend tennis activities until elbow pain improves.
• Gradually return to ball striking in pain free range.
• Stretch upper extremity muscles (particularly forearm muscles) prior to playing.
• Use correct size, padded grip.
• Decrease racquet string tension
• Use graphite frame racquet with larger sweet spot.

ANCILLARY MEASURES:
• Ice the elbow when painful for 5 minutes, repeat as needed 3-4 times per day.
• Use over-the-counter analgesic medications to control pain.
• Use counterforce (tennis elbow) forearm strap during daytime activities.
• Use removable short-arm cock-up type wrist splint at night.

EXERCISES:
• **Wrist flexion stretch:** Bring affected arm straight out in front with elbow extended, palm downward. With the opposite hand, flex the wrist downward and stretch the muscles on the back of the forearm. Hold for 30 seconds. Repeat periodically 3-4 times per day.
• **Wrist extension stretch:** Bring affected arm straight out in front with elbow extended, palm downward. With the opposite hand, extend the wrist upward and stretch the muscles on the palm side of the forearm. Hold for 30 seconds. Repeat periodically 3-4 times per day.
• **Wrist flexion curl:** Sit with affected forearm resting on a table, hand extended over the edge of the table. Grasp a 1-3 pound dumbbell weight. With palm up, flex your wrist, curling the weight inward. Hold for 5 seconds, 10 repetitions.
• **Wrist extension curl:** Sit with affected forearm resting on a table, hand extended over the edge of the table. Grasp a 1-3 pound dumbbell weight. With palm downward, extend your wrist backward. Hold for 5 seconds, 10 repetitions.
• **Biceps curl:** Grasp a 1-3 pound dumbbell weight in the affected hand. With arm held in front of body, elbow supported and palm upward, flex your affected elbow to tighten the biceps muscle. Hold for 5 seconds, then relax. Complete 10 repetitions.
• **Triceps curl:** Grasp a 1-3 pound dumbbell weight in the affected hand. Raise the affected arm up overhead with the elbow supported by the opposite hand and flexed 90 degrees. Then extend the elbow, raising the weight fully overhead by tightening the triceps. Hold for 5 seconds, then relax. Complete 10 repetitions.

MODALITIES (administered by knowledgeable therapist):
• ASTM (Augmented Soft Tissue Mobilization) is the present mainstay of nonoperative treatment for tennis elbow.
• Iontophoresis or phonophoresis may be used at the therapist’s discretion.