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Lateral Epicondylitis (Tennis Elbow) Release

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 – 4 weeks	No restrictions	Sling for comfort	No restrictions	Shoulder, elbow, wrist, hand ROM. Focus on motion and decreasing inflammation. No elbow or wrist resistance exercises. Modalities: heat before, ice after.
PHASE II 4-8 weeks	WBAT	D/C sling	Full AROM	Active wrist flexion and grip strengthening. Submaximal isometric wrist extension. Gentle massage along and against fiber orientation. Ultrasound.
PHASE III 8-12 weeks	WBAT	None	Full ROM	May add active wrist extension with progressive resistance. Continue other strengthening exercises.