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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY PROTOCOL – Lateral Epicondylitis Release (Tennis elbow)

Phase I: 0-2 weeks

- Quiet in sling
- Weight bearing status: NWB
- ROM: limited with exception for hygiene

Phase II: 2-6 weeks

- WB status: < 5 lbs
- ROM:
 - o Weeks 2-4: work on achieving full passive and active assisted elbow and wrist motion
 - o Weeks 4-6: work on achieving full active elbow and wrist motion
 - o (patient allowed to actively move wrist and elbow as tolerated throughout entire phase)
- Brace: discontinue sling at 2 weeks

Phase III: 6-12 weeks

- WB status: limit WB to < 10 lbs
- ROM: active motion in all planes without restrictions of the elbow and wrist
- Brace: none
- Exercise: submaximal isometrics of extensor bundle; PREs of flexor-pronator mass; proprioception and neuromuscular control drills; work towards global upper extremity strengthening program