

Dr. Curtis Noel's Protocol for:

LATERAL OR MEDIAL EPICONDYLE RELEASE



Phase I – Maximum Protection (0 to 10 Days):

0 to 10 Days:

- Rest in sling
- Ice and Modalities to Control Inflammation

Phase II – Intermediate Phase (10 Days to 4 Weeks):

10 Days to 2 Weeks:

- Discontinue sling at 2 weeks. Modalities for inflammation
- Begin passive elbow and wrist range of motion in all planes as tolerated
- Begin active shoulder retraction/protraction

Weeks 2 to 4:

- Maintain program as outlined in weeks 0 to 2
- Progress to active assisted elbow and wrist range of motion in all planes
- Initiate terminal range of motion stretching as tolerated

Phase III – Active Range of Motion Phase (Weeks 4 to 6):

Weeks 4 to 6:

- Continue with end range stretching of the wrist flexors and extensors
- Begin active range of motion of the elbow and wrist in all planes
- Initiate submaximal isometrics flexor/pronator mass or extensor mass
- Begin PREs in wrist extension and supination
- Rotator cuff and scapular strengthening program
- Manual resistance and PNF patterns

Phase IV –Strengthening Phase (Week 6 to 8):

Weeks 6 to 8:

- Continue with terminal range stretching
- Advance PREs in wrist extension and supination
- Advance rotator cuff and scapular strengthening program
- Begin pronator/flexor mass strengthening

Phase V – Progressive Strengthening and Proprioceptive Phase (Weeks 8 to 12):

Weeks 8 to 10:

- Increase PREs throughout wrist, elbow, and shoulder complex; include flexor/pronator mass
- Begin global upper extremity gym strengthening program, use caution with pulling and biceps exercises

Phase VI – Interval Throwing Program