

# UVA HAND CENTER - THERAPY

## Medial Epicondylitis Conservative Therapy Protocol

Physician	Injection	Splinting	Stretching	Strengthening
Chhabra, Dacus	Yes	Thermoplast or OTC wrist	Start when asymptomatic	When pain free
Deal	Yes	Thermoplast or OTC wrist	Initiate therapy with stretching after second cortisone injection	When pain free
Freilich	Yes	Thermoplast or OTC wrist, Heelbo	Start when asymptomatic	When pain free

## Medial Epicondylitis Post OP Therapy Protocol

Physician	Splinting	Elbow ROM	Wrist ROM	Strengthening
Chhabra*	Posterior elbow (90 dg.) with OTC wrist splint for 3 weeks. D/C elbow splint at week 3, cont wrist until week 6.	Start AROM at week 3 post op.	Start at 3 weeks. Cont OTC wrist splint between exercises	Week 6 or when pain free.
Freilich	OTC wrist splint	Start AROM at week 2 post op.	Start at 3 weeks. Cont OTC wrist splint between exercises	Week 6 or when pain free.
Dacus	Full time Posterior elbow (90 dg.) with OTC wrist splint for 2 weeks. Week 2-4: F/T wrist splint with elbow night splinting. 4-6 weeks: OTC wrist splint only.	Start AROM at week 2 post op.	Start wrist PROM at 2 weeks post op in therapy, AROM at 4 weeks	Start at 6 weeks if pain free.
Deal	Posterior elbow splint, 90 dg with Wrist OTC until 3 weeks post op. D/C elbow splint at week 3, cont wrist OTC until week 6.	Start AROM at week 3 post op.	Start at 3 weeks. Cont OTC wrist splint until 6 weeks post op between exercises	6 weeks or when pain free.

\* If ulnar nerve transposition performed at same time, start ulnar nerve glides at 10-14 days.