

Name _____

Date _____

Physician _____



Patient Flow Sheet

Lateral and Medial Epicondylar Release Steadman*Hawkins Protocol

Sling for 1 week (for arthroscopic repair)

Sling for 2 weeks (for open repair)

Use pain as a guide

Phase 1 -(Passive)

Passive Range of Motion

Week 1

Elbow flexion and Extension

Forearm Pronation and Supination

* Arthroscopic Repair

PROM – days 0 to 3; AROM – begin day 4

Phase 2 -(Active)

Active Range of Motion with Passive Stretch to prescribed limits.

Week 3

Elbow Flexion and Extension

Forearm Pronation and Supination

Wrist Flexion and Extension

Phase 3 -(Resisted)

Pain permitting

Week 5

Elbow Flexion and Extension

Eccentric wrist Flexion and Extension

Eccentric wrist Supination and Pronation

Weight Training

Week 8

Keep hands within eyesight, Keep elbows bent.

Minimize overhead activities

(No Military press, pulldown behind head, or wide grip bench)

Return to Activities

Lateral Release

Golf 2 months

Tennis 3 months

Medial Release

Golf 3 months

Tennis 4 months