

## **Medial Epicondyle (2)**

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

#### **0 to 10 Days:**

- **Complete Immobilization in 90° Splint**
- Sling For 2 Weeks
- 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 as needed 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
- Continue modalities to control inflammation
- Progress to active assisted elbow and wrist range of motion in all planes
- Initiate rotator cuff and scapular strengthening without stressing the flexor/pronator mass
- Initiate terminal range of motion stretching as tolerated

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

#### **Weeks 4 to 6:**

- Modalities as needed
- 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
- Begin PREs in wrist extension and supination
- Advance 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



**Weeks 10 to 12:**

- Initiate closed kinetic chain strengthening
  - Push-up progression
  - Seated serratus push-ups
- Initiate plyometric program
  - Plyoball wall drills
  - Double arm rebounder drills progressing to single arm

**Phase VI – Interval Throwing Program**

**Week 12:**

- Follow-up appointment with physician
- Initiate return to sport program per physician approval

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