

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



**ATI**  
PHYSICAL THERAPY

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YOU**

**Patient  
Flow Sheet**

## **Lateral Epicondyle Release**

**Prepared for Dr. Wyland**

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

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

- Complete Immobilization in 90° Splint
- Sling For 2 Weeks
- Ice Continuously

### **Phase II – Progressive Stretching and Active Motion (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 protraction/retraction

#### **Weeks 2 to 4:**

- Maintain program as outlined in weeks 0 to 2
- Continue modalities to control inflammation
- Initiate terminal range of motion stretching as tolerated
- Begin active-assistive range of motion in elbow, wrist, and hand in all planes

### **Phase III – Early Strengthening (Weeks 4 to 6):**

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

- Modalities as needed
- Continue with elbow and wrist terminal stretching in all planes
- Begin active range of motion of the elbow and wrist in all planes
- Initiate submaximal isometrics of the extensor bundle
- Begin PREs of the flexor/pronator mass
- Begin rotator cuff and scapular strengthening program
- Scapular stabilization exercises
- Proprioception and neuromuscular control drills
- Manual resistance and PNF patterns

### **Phase IV – Advanced Strengthening and Plyometric Drills (Week 6 to 10):**

#### **Weeks 6 to 8:**

- Continue with end range stretching
- Begin wrist and forearm strengthening in all planes, avoiding aggressive wrist extension exercises until week 10 to 12.

#### **Weeks 8 to 10:**

- Begin global upper extremity gym strengthening program 3 to 4 times per week

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### **Weeks 10 to 12:**

- Advance intensity of forearm and hand strengthening, including wrist extension
- Initiate closed kinetic chain strengthening in protected range
  - Push-up progression
  - Seated serratus push-ups
- Initiate Plyometric Drills
  - Plyoball wall drills
  - Double arm rebounder drills progressing to single arm

### **Phase V – Interval Throwing Program**

#### **Week 12:**

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