

Plan:

- Phase I: (Pain and inflammation control)
 - Precautions:
 - No lifting weight or bands during this phase
 - Avoid resistance exercise
 - Avoid hand gripping exercises
 - Outpatient pain medications-oral and topical
 - Therapeutic modalities during the acute phase
 - Gentle passive stretching of the common flexor and common extensor origin muscle (to be done with elbow in flexion)
 - Wrist flexion
 - Wrist extension
 - Wrist radial deviation
 - Wrist ulnar deviation
 - Elbow pronation
 - Elbow supination
 - Home exercise program
- Phase II: (Strengthening phase)
 - Starts as soon as patient's pain is well controlled, and patient can tolerate phase I without much discomfort
 - Passive stretching of the common flexor and common extensor origin muscle (Ok for the therapist to extend the elbow to get the extra end range stretch)
 - Soft tissue mobilization and deep massage
 - Elbow and wrist strengthening (forearm supination/pronation; wrist flexion/extension; wrist ulnar/deviation)
 - Start with theraband and transition to light weights
 - When working with weights start out with elbow in flexion and transition to elbow in extension to increase the intensity
 - Home exercise program
- Modalities:
 - Heat and Ice
 - Ultrasound
 - Iontophoresis
 - Phonophoresis
 - TENS
 - Trigger point massage
 - Therapists' discretion