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ELBOW PHYSICAL THERAPY PRESCRIPTION

Diagnosis: Medial Epicondylitis Flexor-Pronator Tendon Repair

Week 1-6: Healing Phase

- ___ Active / Active Assist / Gentle Passive ROM exercises elbow
- ___ Passive stretching wrist flexors
- ___ Begin with elbow flexed
- ___ Progress to stretching with elbow in extension
- ___ Ice before & after rehab exercises

Week 6 - 18: Functional Phase

- ___ Begin Isometric exercises
 - Begin with elbow flexed
 - Progress to elbow extension
- ___ Wrist flexor strengthening: up to 5 lbs.
- ___ Wrist extensor strengthening
- ___ Grip strengthening (tennis ball squeeze)
- ___ Goal is sprint repetitions to fatigue without pain
- ___ Ice before & after rehab exercises

****Anti-inflammatory modalities as needed throughout protocol**