

Bonnie P. Gregory, MD

LITTLE LEAGUER'S ELBOW/MEDIAL EPICONDYLITIS
PT PROTOCOL

	Range of Motion	Brace/Sling	Exercise/Strength
<p>PHASE I Weeks 0-4</p> <p>Goals: 1. Decrease acute inflammation 2. Promote tissue healing 3. Retard muscular atrophy</p>	<p>Early gentle ROM Progress as tolerated to full ROM: PROM→AAROM→AROM</p>	<p>May use a counterforce distribution strap</p>	<ul style="list-style-type: none"> • Stretching wrist extension/flexion, elbow extension/flexion, supination/pronation • Isometrics wrist extension/flexion, elbow extension/flexion, supination/pronation • Progress to gentle active ROM and light strengthening with bent elbow • May use noxious pain ESTIM prior to isotonic exercises • Soft tissue massage to muscle belly and surrounding muscles (avoid tendon) • Avoid painful movements (ie, gripping, etc) • May continue with shoulder stretching, manual resistance shoulder exercises (no gripping), lower extremity, core, and conditioning workouts
<p>PHASE II: Weeks 5-8</p> <p>Goals: 1. Create a healing response 2. Improve soft-tissue flexibility 3. Increase muscular strength/endurance 4. Increase tolerance to functional activities</p>	<p>Full ROM</p>	<p>None</p>	<ul style="list-style-type: none"> • Progress above exercises • Shoulder, scapula, elbow, wrist, and forearm isotonic, gradually increase weight • Progress to wrist isotonic with a straight elbow • Begin with concentric contractions and progress to include eccentrics • Progress to elbow, wrist, and forearm manuals • Soft tissue massage to muscle belly and surrounding muscles, progress to transvers friction massage to tendon area • May begin light wrist flips and wall dribbles

			<p>Criteria for progression to phase III:</p> <ul style="list-style-type: none"> No pain or inflammation At least 4+/5 strength throughout upper extremity
<p>PHASE III: >8 weeks Goals: 1. Improve muscular strength and endurance 2. Maintain and enhance flexibility 3. Gradual return to baseball/sport activities</p>	Full ROM	None	<ul style="list-style-type: none"> Continue strengthening and manual exercises (emphasize eccentric contractions) Continue to emphasize deficiencies in shoulder and elbow strength Continue flexibility exercises Continue soft tissue massage to muscle belly and surrounding muscles including transverse friction massage to tendon Continue wrist flips and wall dribbles Gradually decrease use of counterforce brace Progress to interval hitting and/or throwing program – continue above exercises throughout program, specifically warm---up of heat, ultrasound, massage, and stretch <i>PRIOR</i> to throwing <p>Criteria to begin interval hitting and/or throwing program:</p> <ul style="list-style-type: none"> No pain or tenderness with palpation Good soft tissue flexibility 5/5 strength throughout upper extremity Satisfactory clinical examination

For any questions or concerns regarding the protocol or rehabilitation process please contact:

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