



BADMAN LATERAL EPICONDYLAR REPAIR PROTOCOL

Week 1-6: Healing Phase

- Active / Active Assist / Gentle Passive ROM exercises elbow
- Passive stretching wrist extensors
- 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 extensor strengthening: up to 5 lbs.
- Wrist flexor 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**

