



317-208-3866

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**

Treatment: _____ times per week

___ Home Program

Duration: _____ weeks

**Please send progress notes.

Physician's Signature: _____ Date: _____

Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon

Place label here

NAME OF PATIENT: _____

MRN: _____

Kristofer J. Jones, M.D.

Sports Medicine, Shoulder Surgery and Cartilage Restoration
UCLA Department of Orthopaedic Surgery
David Geffen School of Medicine at UCLA
10833 Le Conte Avenue, 76-143 CHS
Los Angeles, CA 90095-6902
Phone: (310) 825-6095
Fax: (310) 825-1311
CA License: A126262