

# PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

DIAGNOSIS: ( LEFT / RIGHT / MED / LAT) EPICONDYLITIS

DATE \_\_\_\_\_

### ELBOW EPICONDYLITIS PHYSICAL THERAPY PRESCRIPTION

\_\_\_ Range of motion (Active, Active Assisted, Passive),  
Flex/ Ex/ Pro/ Supination

\_\_\_ Passive stretching Wrist Extensors  
Begin with Elbow flexed  
Progress to stretching with Elbow in extension

\_\_\_ Begin with Isometric exercises, then progress to eccentric exercise  
Begin with Elbow flexed  
Progress to Elbow extension

\_\_\_ Wrist extensor strengthening - start wrist curls with 1 lb. >> progress to 12 lbs.

\_\_\_ Wrist flexor strengthening

\_\_\_ Grip strengthening (tennis ball squeeze)

\_\_\_ Goal is sprint repetitions to fatigue without pain

\_\_\_ Ice before and after rehab exercises

\_\_\_ Modalities (stim. Ionto, US)

Treatment: \_\_\_\_\_ times per week    Duration: \_\_\_\_\_ weeks    \_\_\_ Home Program

\*\* Please send progress notes.

Physician's Signature: \_\_\_\_\_

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC