

## **REHABILITATION FOLLOWING TENEX OF LATERAL EPICONDYLE**

This protocol is designed to be general guideline and can be adjusted with respect to age, size of lesion, overall patient health, and history of injury.

### **I. POST TENEX ( Week 1)**

**Goals:** Protect healing tissue  
Decrease pain  
Retard muscular atrophy  
Protect injection site – allow healing  
All exercise should be pain free

**NO ICE/NSAIDs (Motrin/Alleve/Ibuprofen/Naproxen/Advil, etc.) for 1 week before and 2 weeks after procedure. Tylenol (acetaminophen is OK)**

***No lifting > 5 lbs for the first two weeks, then 15 pounds for the subsequent two weeks.***

#### **A. Day 1 - 7**

ROM: ROM of the scapula and Shoulder,  
Elbow flexion/extension, in thumb up neutral position.  
Pronation to 45°, Supination to 45°,  
Wrist flexion 40°/ extension 40°  
Fingers full ROM  
*Exercise should not increase pain/ discomfort*

Exercises: Isometric exercise is performed in neutral position to the wrist and forearm.  
4 way shoulder isometric may be performed avoid stress to the wrist forearm complex

Modalities: **TYLENOL only** for pain/ discomfort as needed

Avoidance Program: No carrying, lifting in Pronate position, pushing /pulling, no resistive wrist or finger extensors, turning jars and door knobs. Gripping exercise

### **II. POST TENEX (Week 2 -3 )**

**Goals:** Gradual increase to Pain free ROM \* no over pressure  
Promote healing of tissue  
Regain and improve muscular strength  
Do not over stress healing tissue

#### **A. Day 8 - 15**

ROM: Continue ROM exercise  
Progress wrist flexion/ extension, pronation/supination to WNL  
Continue ROM of shoulder and scapula

Exercises: **Begin** protective manual resistive exercises to the forearm muscles e.g.

Contract /relax rhythmic stabilization.  
Continue all exercises listed above  
Initiate elbow Ext Isometrics  
Isometrics for Pro/Sup with thumb in up/neutral  
PROM ER /IR of shoulder pain free  
Light Rhythmic Stabilization pain free

Modalities: As needed to control pain and edema IFC, MHP, Cryotherapy.

Avoidance Program: Continued, avoid resistive grip exercise, avoid deep friction massage

**B. Day 15 - 23**

ROM: Continue ROM exercise

Exercise: Continue all Exercises listed above  
Initiate AROM wrist

Soft tissue: light soft tissue to muscle belly avoid musculo-tendon junction

**III. POST TENEX (week 4 - 7)**

**Goals:** Increase strength, power, endurance  
Gradual increase applied stress  
Full Elbow ROM  
Minimal to no swelling / inflammation  
Dynamic stabilities advanced through strengthening exercises.

**A. Day 24 -31**

ROM: Progress to AROM WFL ( No resistance )

Exercise: Initiate light eccentric resistance extension exercises of the wrist  
begin at 30 degrees of wrist extension to 60 ° flexion using low resistance weights or tubing.  
Concentric flexion and pronation and supination exercises to the elbow and wrist using low  
resistance weights.  
Progress Tube exercise emphasize RTC strength  
Full Can  
lateral raises  
ER/IR tubing,  
Elbow Flex /Ext  
Light towel gripping exercise

Avoidance Program: limited but not restricted ADL activities picking up object in pronate position, turning  
jars and door knobs,.

**B. Week 5**

Exercises: Initiate Thrower's Ten Program  
Progress elbow strengthening exercises  
Progress shoulder program  
Continue isotonic program: forearm & wrist  
Nirshl stretch No over pressure  
Putty pinch exercise using EDC , EI, EPL, EPB  
Continue to progress isotonic and eccentric programs pain free

ADL: Progress to full functional and painless activities.

**C. Week 6**

Exercise: Progress Thrower's Ten Program (progress weights)  
Initiate PNF diagonal patterns (light)  
Initiate eccentric elbow flexion/extension

**D. Week 7**

Exercise: Initiate isotonic machine strengthening exercises

**IV. ADVANCED STRENGTHENING (Week 8 - 12)**

Criteria for entering Advance strengthening

- 1) Full ROM
- 2) Forearm strength 75% as well as wrist extension and flexion are equal to contra lateral side.
- 3) No pain or effusion
- 4) Grip strength equal to contra lateral side

**Goals:** Increase strength, power, endurance  
Gradually initiate sporting activities