

REHABILITATION FOLLOWING TENEX OF MEDIAL 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