

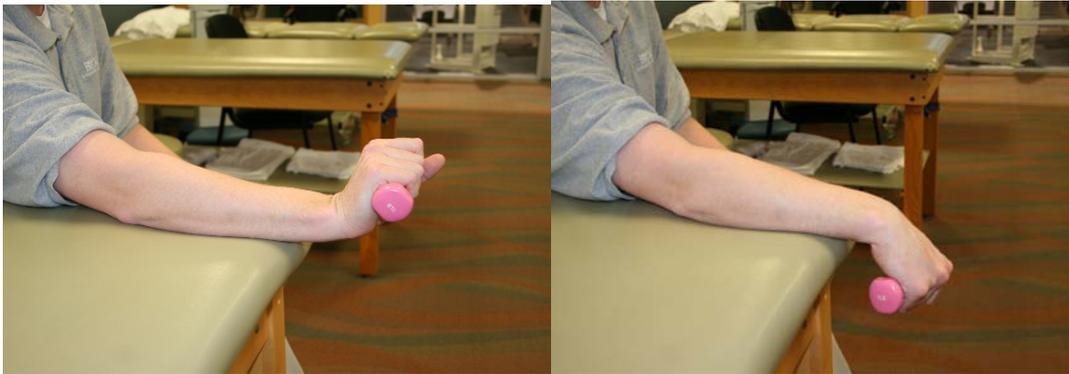
LATERAL EPICONDYLITIS/ECRB TEAR REHAB

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STRETCHING

Begin by holding your affected arm straight. Provide gentle flexion with your opposite hand. Stretch to the point of strain, not pain. Hold for 1 minute, and then relax. Perform 5 stretches, one minute each. Do this twice a day.



STRENGTHENING EXERCISES

Begin strengthening once you can do your stretches without pain. Find a weight that will allow you to do 3 sets of 12-15 reps with no more than normal soreness that you would feel when lifting weights. If you can only do 3-4 reps, you are using too much weight and your elbow may start to hurt. If you can do 20-25 reps, you are not using enough weight and will not strengthen the muscle-tendon unit. If the exercises make your elbow hurt, stop and try again in 5-7 days.

Most patients will start with about 0.5-2lbs. You do not have to go out and buy weights if you do not have any. Simply take a 1-2 gallon freezer storage bag and place an 8oz. tomato sauce can, or 1lb soup can in the bag, grasp the end of the bag and do the exercises as shown above. Once you increase your strength and are able to do 20-25 reps with the weight you started with, increase the weight by 0.5-1pound allowing you to do 12-15 reps... **This progressive resistance training is vitally important in achieving an excellent outcome.** The normal sequence is stretch-strengthen-ice. Ice can be used for 20 minutes every three hours throughout the course of your recovery.

AVOID gripping, pulling, tugging and twisting motions as much as possible. Try using your other arm, or if you must use your affected arm trying lifting and pulling with your palm facing the ceiling. A constant, prolonged grip will certainly aggravate your pain as will do so while gripping something that vibrates such as vacuum cleaner or power tools. Remember, that it is repetitive wrist movement and gripping that make your elbow hurt.

If you are a PRP patient, remember you likely will not start feeling any pain relief until a few weeks after the **SECOND** procedure and treatment. Progress is slow in a step wise fashion. There will be no immediate pain relief.