



**ORLANDO HAND SURGERY ASSOCIATES
801 N. ORANGE AVE SUITE 600
ORLANDO, FL 32801
PHONE (407)-841-2100
FAX (407)-841-5705**

Lateral/Medial Epicondylitis – Non-Operative Treatment

Four to six weeks of therapy is typically prescribed, weaning as tolerated as symptoms improve. A forearm counterforce brace is provided for use as much as possible especially during activities that worsen symptoms.

A neutral or volar cock-up wrist splint is used as much as possible as patient activities allow. Ice and friction massage are started twice daily and ultrasound/iontophoresis are instituted three times a week as necessary.

Activity modification in the form of avoiding activities which worsen symptoms is encouraged.

Standard Milch stretching of the common extensor mass for lateral epicondylitis and stretches of the flexor/pronator mass for medial epicondylitis are demonstrated, and a home program designed.

Other modalities are acceptable as per therapist discretion including Graston techniques or phono/iontophoresis.

Please call with questions or concerns at the phone number above.