



Thomas R. Hunt III, M.D., D.Sc.

### **Medial/Lateral Epicondylitis—Conservative Treatment**

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

#### **0-3/4 Weeks**

- Place in wrist cock-up between activities and at night
- Elbow forearm strap (counterforce brace) during activities
- Rest
- Cryotherapy for 15-20 minutes 2-3 times per day

#### **3-6 Weeks**

- Begin slow forearm stretching
- Wean from wrist splint over the next four weeks

#### **6-12 Weeks**

- Begin a slow progression on strengthening

May continue forearm strapping during activities for up to four months.