

**Dr. Stephanie Muh Protocol**

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**Medial or Lateral Epicondyle Release**

Phase I:	0-10 days	<ul style="list-style-type: none"> <li>• Immobilization in posterior mold splint and sling</li> <li>• Ice and modalities to control pain and inflammation</li> </ul>
Phase II:	10 days to 14 days	<ul style="list-style-type: none"> <li>• Discontinue sling</li> <li>• Begin passive elbow and wrist range of motion in all planes</li> <li>• Begin active shoulder range of motion in all planes</li> </ul>
	Weeks 2 – 4	<ul style="list-style-type: none"> <li>• Progress to active assisted elbow and wrist range of motion</li> <li>• Initiate terminal range of motion stretching as tolerated</li> </ul>
Phase III:	Weeks 4 – 6	<ul style="list-style-type: none"> <li>• Continue with end range stretching of wrist flexors/extensors</li> <li>• Begin active ROM of elbow and wrist</li> <li>• Initiate submaximal isometrics flexor/pronator mass or extensor mass</li> <li>• Begin PREs in wrist extension and supination</li> <li>• Manual resistance and PNF patterns</li> </ul>
Phase IV:	Weeks 6 – 8	<ul style="list-style-type: none"> <li>• Continue with terminal range stretching</li> <li>• Advance PREs in wrist extension and supination</li> <li>• Begin pronator/flexor mass strengthening</li> </ul>
Phase V:	Weeks 8 – 10	<ul style="list-style-type: none"> <li>• Return to full activities</li> </ul>