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## Lateral and Medial Epicondylar Release Steadman\* Hawkins Protocol

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Sling for one week for arthroscopic repair. Sling for two weeks for open repair. Use pain as guide.

### Phase I: Passive Range of Motion (Week 1)

- Elbow flexion and extension
- Forearm pronation and supination
- **Arthroscopic Repair:** PROM days 0 to 3; AROM begin day 4

### Phase II: Active Range of Motion with Passive Stretch to Prescribed Limits (Week 3)

- Elbow flexion and extension
- Forearm pronation and supination
- Wrist flexion and extension

### Phase III: Resisted/Pain Permitting (Week 5)

- Elbow flexion and extension
- Eccentric wrist flexion and extension
- Eccentric wrist pronation and supination

### Phase IV: Weight Training (Week 8)

- Keep hands within eyesight and keep elbows bent
- Minimize overhead activities
- **No** military press, pulldown behind the head or wide grip bench

### Phase V: Return to Activities

#### Lateral Release

- Golf: two months
- Tennis: three months

#### Medial Release

- Golf: three months
- Tennis: four months