
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