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Patient Name:

Date:

**Elbow Rehabilitation:
Lateral Epicondylitis**

- Passive stretching wrist extensors
 - Begin with elbow flexed
 - Progress to stretching with elbow in extension
- Begin with Isometric exercises
 - Begin with elbow flexed
 - Progress to elbow extension
- Wrist extensor strengthening: start wrist curls with 1lb - progress to 12lbs.
- Wrist flexor strengthening
- Grip strengthening (tennis ball squeeze)
- Goal is sprint repetitions to fatigue without pain
- Ice before & after rehab exercises
- Three times a week for 6-8 weeks

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD