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## Physical Therapy Prescription Elbow Epicondylitis

**Patient Name:**

**Today's Date:**

**Diagnosis: ( LEFT / RIGHT ) Elbow Epicondylitis ( Lateral / Medial )**

\_\_\_ Passive stretching Wrist Extensors

    Begin with Elbow flexed

    Progress to stretch with Elbow in extension

\_\_\_ Begin with Isometric exercises

    Begin with Elbow flexed

    Progress to Elbow extension

\_\_\_ Wrist extensor strengthening – start wrist curls with 1 lb. >> progress to 12 lbs.

\_\_\_ Wrist flexor strengthening

\_\_\_ Grip strengthening (tennis ball squeeze)

\_\_\_ Goal is sprint repetitions to fatigue without pain

\_\_\_ Ice before and after rehab exercises

**Frequency & Duration:** (circle one) 1-2    2-3 x/week for \_\_\_\_\_ weeks    Home Program

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**