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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)

___ 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.**