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Shoulder and Elbow Surgery

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PT Protocol - Non-Operative Treatment of Golfer's Elbow

Precautions

- Avoid lifting weights or using resistance bands during the initial phase.
- Hold off on resistance-based exercises until pain improves.
- Refrain from strong gripping or squeezing activities.

Phase I: Pain and Inflammation Control

Use oral or topical pain medications as needed.

Apply therapeutic modalities (ice, heat, ultrasound, etc.) during flare-ups.

Introduce gentle stretching of the forearm flexor and extensor muscles with the elbow bent:

1. Wrist flexion
2. Wrist extension
3. Radial deviation of the wrist
4. Ulnar deviation of the wrist
5. Forearm pronation
6. Forearm supination
7. Home exercise program

Phase II: Strengthening Phase

This phase begins once pain is under control and the patient can tolerate Phase I activities without significant discomfort.

- Continue stretching of the forearm flexor and extensor muscles (therapist may extend the elbow to reach further range).
- Incorporate soft tissue work and deep massage techniques.
- Add strengthening for the elbow and wrist, including pronation/supination and wrist flexion/extension with radial and ulnar deviation.
- Begin with resistance bands and gradually progress to light weights.



- When using weights, start with the elbow bent and gradually progress to performing with the elbow straight for added intensity.
- Maintain a consistent home exercise program.

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS, Trigger point massage

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:
www.lucasmyersmmd.com

