



Tenex Elbow Lateral Epicondylitis Post-Operative Protocol

Post Surgery – 48 hours:

- Your incision will be covered with gauze and tegaderm. Please keep this clean, dry, and in place until your first post-operative follow up with clinic. This will be approximately 10-14 days post surgery.
- Rest arm and hand for 3 days and then active and gentle progressive range of motion exercises may be initiated to the elbow, forearm and wrist.
- A compressive sleeve and/or elbow pad may be used to protect the elbow for 3-5 days.
- Limit daily activity of repetitive use of arm for first 3 weeks.

10-14 days Post-Op:

- Scar massage may be initiated.
- Elastic bandages or bandaid may be utilized once the swelling has subsided.

3 weeks Post-Op:

- May begin stretching and eccentric exercises at 3 weeks.
- No lifting objects with arm/hand greater than 5 lbs for 6 weeks.

6 weeks Post-Op:

- May gradually resume normal use of arm/hand as tolerated.
- Progressive strengthening may be initiated with hand weights, therabands, and/or a work conditioning program. The strengthening program to be structured with the patient's comfort level.

GOALS:

Patient to return to work and activities within 4-6 weeks following surgery.

*** All lifting activities should be performed with the palm up. Perform active and passive stretching exercises before beginning repetitive activities with upper extremity.**