



Tennis Elbow Surgery/Lateral Epicondylectomy + Extensor Origin Debridement Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky dressing and immobilization splint for 10-14 days.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medication as needed and as prescribed. Call if any problems or questions arise.

10-14 Days Post Op:

- Follow up appointment in the clinic with P.A. or Surgeon for suture removal.
- Therapist will fit you with a custom splint to wear between exercise sessions and at night until 4-6 weeks.
- Progressive active Range of Motion (ROM) exercises initiated to elbow, forearm, wrist and hand.
 - Elbow exercises should be performed with wrist extended.
 - Wrist exercises should be done with elbow flexed.
- Activities of daily living encouraged as tolerated with brace.

4-6 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon
- Continue active ROM exercises--may proceed to daily active stretching.
- Begin slow passive ROM stretching (~ 5-6 weeks) w/conservative management of lateral epicondylitis.
- Removable brace discontinued with doctor's approval (usually about 6 weeks post op).

8 Weeks Post Op:

- Begin slow progressive strengthening exercises of wrist, forearm, elbow, and shoulder under direction of your therapist.
 - For women, begin with 1# weight and gradually increase to 4#s.
 - For men, begin with 1# weight and gradually increase to 6-8#s.

12 Weeks Post Op:

- Follow up appointment in clinic with Surgeon; unrestricted movement allowed.

Considerations:

- Continue to wear tennis elbow brace for up to 6 months when returning to sports and impact activities.
- May expect best results after procedure & rehabilitation at about 1 year.