

Post-op rehabilitation program for tennis elbow release

Problem: refractory tennis elbow resistant to non-surgical treatment

Aim: to decrease pain and increase function in elbow

Important points: wean out of sling by day 2 if possible

Forbidden:

- heavy activities or heavy work before 6 weeks

Expectations:

- return to desk jobs at 14 days
- driving from end of week two (if pain and function allows safe driving)
- breaststroke and freestyle swimming at 6 weeks
- return to manual work at 6 weeks
- all activities including racquet sports by 3 months

Physiotherapy protocol day 1 onwards:

- Ensure adequate pain relief, neurovascular status normal and no signs of infection
- Full active movement of shoulder, wrist and hand
- Active assisted flexion, extension, pronation and supination within comfort zone

Physiotherapy protocol day 3 onwards:

- Removal of bulky dressing
- Full active flexion, extension, pronation and supination within comfort zone

Physiotherapy protocol day 14 onwards:

- Aim for full range of movement
- Begin strengthening in active flexion, extension, pronation and supination within comfort zone

Physiotherapy protocol 6 weeks onwards:

- Increase strengthening in active flexion, extension, pronation and supination with concentric loading