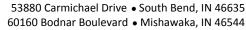




Post Operative Rehabilitation Following Tennis Elbow

Phase I — Days 1-7

- Goals
 - o Improve/regain range of motion
 - Retard muscular atrophy
 - o Decrease pain/inflammation
- Day 1-7
 - o Movement of wrist and fingers for 2 minutes
 - 3-5x/day
 - o Ice and NSAIDs used for pain control
 - Look for signs of wound infection:
 - Excessive swelling, warmth, redness, oozing from the incision, fever
 - Day 3: Showering is allowed, with bandages off
 - o Compression/ice 4---5 times daily
- Day 7-17
 - More aggressive ROM encourage in and out of shower
 - o Goal for day 17 are 80% of normal elbow ROM
 - o Resume light elbow activities only
 - o Continue isometrics and gripping exercises
 - o Continue use of ice
- Day 18-21
 - Sub maximal isometrics are started
 - o Begin antigravity wrist flexion, extension, supination and pronation without pain
 - If painful: utilize counterforce brace during exercise
 - Once patient can perform 30 reps without pain the can progress to a 1-pound weight or light resistance band
 - All exercises are performed with the elbow bent to 90⁰ and resting on a table or lower extremity
 - o Overpressure into extension (3-4 times daily)
 - o Continue joint mobilization techniques
 - o Biceps, triceps, wrist flex/ext, sup/pronators
 - o Continue use of ice post exercise



Phone: 574.247.9441 • Fax: 574.247.9442 • <u>www.sbortho.com</u>



Phase II — Intermediate Phase

Goals

- o Increase range of motion
- o Improve strength/power/endurance
- o Initiate functional activities

• Week 3-6

- o Therapeutic exercises:
 - Rotator cuff, elbow, scapular stabilization training with light resistance
 - Aerobic conditioning on stationary bike or treadmill
- o Overpressure into elbow extension
- o Continue PRE program for elbow and wrist musculature
- o Initiate shoulder program (Thrower's Ten Shoulder Program)
- o Continue joint mobilization
- o Continue use of ice post exercise

Phase III — Advanced Strengthening Program

Goals

- o Improve strength/power/endurance
- o Gradual return to functional activities

• Criteria to Enter Phase III

- o Full non-painful ROM
- o No pain or tenderness

• Week 8-12

- o Continue PRE program for elbow and wrist
- o Continue shoulder program
- o Continue stretching for elbow/shoulder
- o Initiate Interval program and gradually return to sporting activities
- o Patient is allowed to return to athletics once their grip strength is normal