

Tennis Elbow / Golfer's Elbow release (Open and Arthroscopic)

Indications: Refractory tennis or golfer's elbow not relieved by physiotherapy or PRP injection.

Protocol

Immediately post op

- Full active ROM into elbow flexion/ extension/ supination/ pronation,
- Full active wrist flexion / extension within comfort, should only feel a mild stretch at the end of range.
- Bandage can be taken down after 48 hours

2/52-6/52

- Elbow strengthening into flexion / extension
- Graduated resistance program for wrist extension / flexion. All exercises should be in pain free ROM with good quality movement and muscle activation, (remembering mid prone position)
 - ♣ Eccentric protocol initially
 - ♣ Progress to concentric loading
- Graduated strengthening program into pronation
- Ensure adequate pain control

6/52 +

- Increase heavy loading >2-3kg

Milestones:

2/52 Return to work for sedentary / low manual jobs

6/52 Full ROM wrist and elbow

2-6/52 Driving dependant on pain levels and ROM

6/52 Return to work for manual jobs

6/52 Swimming any stroke

3/12 Racquet sports