

## Tennis Elbow Release

Tennis elbow or golfers release is performed for:

Refractory tennis or golfers elbow that has not been relieved by physiotherapy or platelet rich plasma (PRP) injection.

### Rehabilitation Protocol

Some of the physiotherapy terms may be unfamiliar to you now. They will become clear as you work with your physiotherapist.

| Time after surgery | Physiotherapy/Support  |
|--------------------|--|
| Day 1 to 2 weeks   | <b>During the first two weeks you can expect to:</b> <ul style="list-style-type: none"><li>perform full active range of motion into elbow-flexion/extension and rotation</li><li>perform full active wrist flexion/extension within comfort (you should only feel a mild stretch at the end of range)</li></ul> <p><i>Your bandage will usually be taken down after 48 hours</i></p>   |
| 2 to 6 weeks       | <b>During the next 4 weeks, you can expect to:</b> <ul style="list-style-type: none"><li>perform elbow strengthening exercises into flexion/extension</li><li>engage in a graduated resistance program for wrist extension/flexion (all exercises should be pain free range of motion with good quality movement and muscle activation)</li><li>initially start with eccentric exercises and progress to concentric loading</li><li>engage in graduated strengthening program into pronation</li></ul> <p><i>Your physiotherapist will continue to check that you have adequate pain control</i></p> |
| 6 weeks +          | <b>During the next 6 weeks, your physiotherapist will:</b> <ul style="list-style-type: none"><li>increase heavy loading</li></ul>  |

## Milestones

| <b>Time after surgery</b> | <b>What you can expect from your shoulder</b> |
|---------------------------|---|
| Week 6                    | Full range of motion of elbow and wrist       |

## Return to functional activities

| <b>Activity</b>    | <b>When you can expect to be able to do the activity</b> |
|--------------------|--|
| Return to work     | Sedentary job: 2 weeks<br>Manual job: 6 weeks            |
| Driving            | 2-6 weeks  |
| Swimming           | Breaststroke: 6 weeks<br>Freestyle: 12 weeks             |
| Golf/Raquet sports | 12 months  |