

ELBOW · POST-OPERATIVE REHABILITATION

Tennis / Golfer's Elbow Release

KEY POINTS

- Sling worn for 2 weeks
- Check post op notes for any individual post op instructions

DISCHARGE FROM WARD - WEEK 2

Full active ROM into elbow flexion / extension / supination / pronation within pain free range

Allow wrist flexion and extension within pain free range

Sling used for rest and comfort for 2 weeks

Reduce wool and crepe dressing after 72 hours

WEEKS 2-4

Active assisted range of movement exercises to regain end range of movement.

Gentle strengthening with active movements and isometric exercises

WEEKS 4-6

Introduce graduated eccentric strengthening exercises

WEEKS 6 +

Increase strengthening exercises

Start sport specific exercise rehab

RETURN TO ACTIVITY - GUIDELINES

- 2 Weeks return to sedentary / non-manual work
- Driving 2-6 weeks depending on pain levels, range of movement and ability to perform emergency manoeuvre
- Return to manual work minimum 6 weeks
- Swimming 6 weeks
- Golf 3 months
- Racquet sports 3 months