



# Goshen Physicians

## ORTHOPEDICS & SPORTS MEDICINE

### **Tennis Elbow Surgery Rehab Protocol**

#### **Phase I**

Goals:

- Improve/regain range of motion
- Retard muscle atrophy
- Decrease pain/inflammation

#### **Phase I: Days 1-14**

- Movement of the wrist and fingers for 2 minutes, 3-5x/day
- Ice and NSAIDs are utilized for pain control

#### **Phase I: Days 14-21**

- Goals for day 21 are 80% of normal elbow ROM
- The arm can be used for light activity only
- Ultrasound
- High Volt Galvanic Stimulation

#### **Phase I: Days 21-28**

- Sub maximal Isometrics are started
- The patient begins antigravity wrist flexion, extension, supination and pronation without pain
- If painful the patient is instructed to utilize a counterforce brace during exercising
- Once the patient can perform 30 repetitions, without pain, they can progress to a 1-pound weight or light resistance band. All exercises are performed with the elbow bent to 90° and resting on a table or the lower extremity

#### **Phase II: Intermediate Phase**

Goals:

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

### **Phase II: Weeks 4 – 8**

- Therapeutic exercises:

Rotator cuff, elbow and scapular stabilization training with light resistance

Aerobic conditioning on a stationary bike or treadmill

Light stretching is encouraged at this stage with emphasis on end range and passive overpressure

Progressive resistive exercises – strengthening wrist flexion, extension, supination/pronation, ulnar and radial deviation. Progress the patient from a flexed and elbow supported elbow to a fully extended and unsupported elbow

Pain free grip strengthening with putty or ball

Utilize counterforce brace during exercise if pain continues

- Gentle soft tissue mobilization/massage along and against fiber orientation
- Consider use of ice after exercise.

### **Phase III: Advanced strengthening program**

Goals:

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

Criteria to Enter Phase III:

- Full non-painful ROM
- No pain/tenderness

### **Phase III: Weeks 8 – 12**

- Begin task specific functional activities
- Initiate interval program and gradual return to sport activities
- Continue wrist, elbow, shoulder and scapular strengthening
- Patient is allowed to return to athletics once their grip strength is normal.

Selected References:

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