



Michael G. McNamara, MD
 Kevin C. Paisley, DO
 Jason R. Gray, MD

Robert R. Thomas, PA-C
 Jennifer A. Fayette, PA-C
 David P. Wonchala, PA-C

4015 Lake Otis Parkway, Suite 201 Anchorage, AK 99508 • Phone 907-771-3500 • Fax 907-771-3550 • www.akhanddoc.com

***Tennis Elbow Surgery/Lateral Epicondylectomy + Extensor Origin Debridement Post Operative Rehabilitation Protocol**

Following Surgery:

- Expect a surgical bulky dressing and immobilization splint for 10-14 days.
- Gentle range of motion allowed immediately.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medication as needed and as prescribed. Call if any problems or questions arise.

10-14 Days Post Op (at therapy):

- Therapist will remove dressing, sutures, and initial splint.
- Expect a new removable long arm brace to wear between exercise sessions and at night until 4-6 weeks.
- Progressive active Range of Motion (ROM) exercises initiated to elbow, forearm, wrist and hand.
 - Elbow exercises should be performed with wrist extended.
 - Wrist exercises should be done with elbow flexed.
- Activities of daily living encouraged as tolerated with brace.

4-6 Weeks Post Op:

- Follow up appointment in clinic with P.A. or M.D.
- Continue active ROM exercises--may proceed to daily active stretching.
- Begin slow passive ROM stretching (~ 5-6 weeks) w/conservative management of lateral epicondylitis.
- Removable brace discontinued with doctor's approval (usually about 6 weeks post op).

8 Weeks Post Op:

- Begin slow progressive strengthening exercises of wrist, forearm, elbow, and shoulder under direction of your therapist.
 - For women, begin with 1# weight and gradually increase to 4#s.
 - For men, begin with 1# weight and gradually increase to 6-8#s.

12 Weeks Post Op:

- Follow up appointment in clinic with M.D.; unrestricted movement allowed.

Considerations:

- Continue to wear tennis elbow brace for up to 6 months when returning to sports and impact activities.
- May expect best results after procedure & rehabilitation at about 1 year.

**Please visit our website at www.akhanddoc.com for illustrations.*

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.