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Physiotherapy protocol: Tennis Elbow Release / Reconstruction

Week 1 -2

- Remain in sling for 48 hrs.
- Active shoulder ROM exercise Day 1.
- Day 3; Active assisted exercises for elbow flexion and extension (Return to sling after exercises)
- Day 10; Active assisted wrist extension & flexion, radial & ulnar deviation and forearm pronation & supination without resistance (Return to sling after exercises)

Week 3

- Day 14; Remove sling.
- Start active exercises re-establishing full flexion and extension of elbow. No lifting.
- Shoulder exercises to maintain range
- Day 21; Start gentle light wrist resistance exercises at 3 weeks. (1-2 lb weights +/- water resistance).
- Use tennis elbow (counterforce) splint during resistance exercises.

Week 4

- Between Week 4 - 6 continue with light exercises and light duties only.

Week 6

- Gradual return to activities of daily living but avoid heavy lifting.
- Gentle massage along and against fiber orientation
- Eccentric exercises and stretches
- Progressing to deep transverse friction

Week 12 -16

- Gradual return to lifting and sport.
- Tennis at 12 - 14 weeks.

Active assisted exercises – use your good arm to move your “surgical” arm
Active exercises - use the muscles of the “surgical” arm

Comments: