

Tennis Elbow Debridement

2 – 5 Days

- Bulky compressive dressing is removed
- Apply light compressive dressing
- Active and gentle PROM exercises initiated to the elbow, forearm and wrist 6 times a day 10 repetitions.
- An elbow pad (heel-bo) can be fitted for protection
- Prefabricated wrist splint can be issued for support

10 – 14 Days Post-op

- Scar mobilization/massage with lotion initiated 48 hours after suture removal.
- Continue active and gentle PROM to the elbow, forearm, wrist and digits.
- Continue with wrist splint use as needed

6 Weeks Post-op

- Progressive strengthening may be initiated with hand weights, theraband, Nirschl exercises. The strengthening program is structured within the patient's comfort level.
- Instruct on active and passive stretching program
- Patient education emphasized. All lifting activities should be performed with the palms up.