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REHAB PROTOCOL: ARTHROSCOPIC TENNIS ELBOW RELEASE

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I: First two weeks (home)

Cock up wrist splint

Sling for comfort

Ice, anti inflammatory medications and elevation

Exercises and Plan

- Limit grip forming activities, typing activities with fingers
- Active ROM of elbow without resistance
- Active ROM of shoulder and scapula

Phase II: 2 – 6 weeks post-op (Formal Physical therapy starts)

Discontinue sling

Continue cock up wrist splint

Exercises and Plan

- Limit grip forming activities, typing activities with fingers
- Active wrist ROM with elbow in flexed position: Dorsiflexion and Palmar flexion
- Active ROM of elbow- aim for full motion (flexion, extension, supination and pronation); resisted isometrics followed by bands close to 6 weeks (**do not grip the bands but use the wrist to loop the bands**)
- Active ROM of shoulder and scapula

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Phase III: 6 – 12 weeks

Discontinue cock up wrist splint

Exercises and Plan

- Grip strengthening exercises
- Active ROM of elbow without resistance- aim for full motion
- Active ROM of shoulder and scapula

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____