



Lateral Epicondylitis

Rehabilitation Guidelines



The following is a detailed outline of the rehabilitation regime for patients who have had surgery for lateral epicondylitis (tennis elbow) by Prof Murrell.

Day 0 – 2

You will have a sling until the first follow up. You need to keep your sling on at all times in the first 48 hours, except for sleep.



Ice your elbow and continue every 2 hours for 20 minutes regularly for the first 48 hours. You can either use a commercial ice pack or frozen peas.

12 to 16 Hours



Local anaesthetic

The anaesthetic affecting your elbow will begin to wear off, so it is advisable to begin taking the pain killers prescribed for you (eg panadeine forte).

Day 2 – 14

Continue resting your arm in the sling as required. You can gently start moving your elbow, wrist and shoulder as pain permits. NO weight or force is to be used with the operated arm. Keep the dressings intact and try to keep them clean and dry. Continue taking pain killers as required.

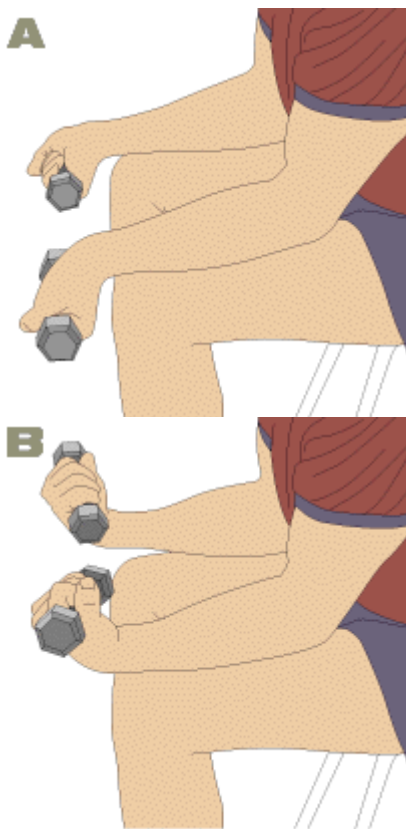
We recommend that you don't drive until your review.

Day 14 — 3 weeks

You will be reviewed in the clinic and your wound checked.

You can now start active range of motion exercises (as detailed below), within your pain limits. Do not use any weight at this stage, although you can use a coin or a pen as a focus. Each of the four exercises needs to be done 10 times, repeated three times a day.

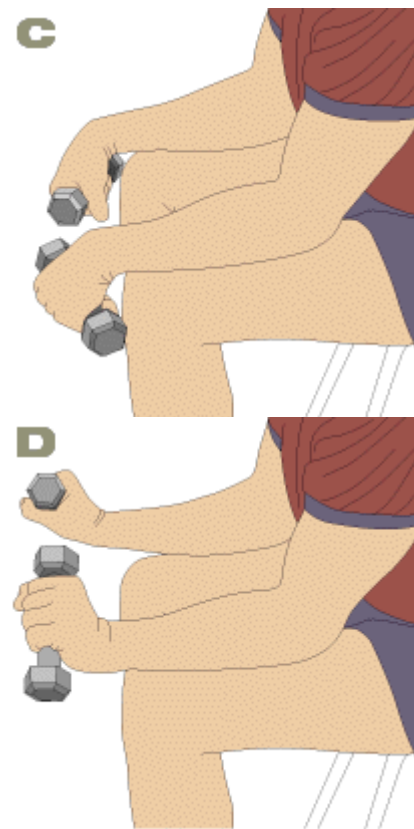
Wrist Curls



Bend your elbow to a right angle and rest your forearm on your thigh or table, with the wrist hanging over the edge. Hold the weight with the palm up and the wrist stretched down.

Lift your wrist and hand up as far as possible, hold at the top for 2 seconds and slowly lower to the starting position.

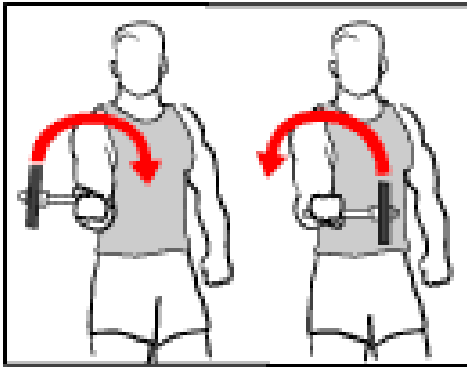
Reverse Wrist Curls



Bend your elbow to a right angle and rest your forearm on your thigh or table, with the wrist hanging over the edge. Hold the weight with the palm down and the wrist stretched down.

Cock your wrist and hand up as far as possible, hold at the top for 2 seconds and slowly lower to the starting position.

Forearm rotation



Sit or stand with the elbow bent to a right angle and your forearm free in the air. Keep your wrist and hand in line with the forearm. Hold the weight with the palm up.

Roll your forearm to reach the full palm down position, hold for 2 seconds and slowly return to the starting position.

Elbow curls

Sit or stand with your elbow by your side. Hold the weight with your palm facing away from your body.

Bend your elbow up as far as it will go, aiming to touch your shoulder. Hold the position for 2 seconds and then slowly return to the starting position.



Week 3 — Week 6

Continue with the exercises, but start using light weights, if pain permits. Start with 0.5kg, using either commercial dumbbells or a can of soft drink / drink bottle. Repeat each exercise ten times, 3x each day, careful not to “push through” the pain. We will review your progress in the clinic at 6 weeks.

Week 6 — Month 3

Continue the exercises with gradually increasing weights, as pain permits. If you reach 2.5kg, do not go any heavier. You can now gradually return to your normal activities.

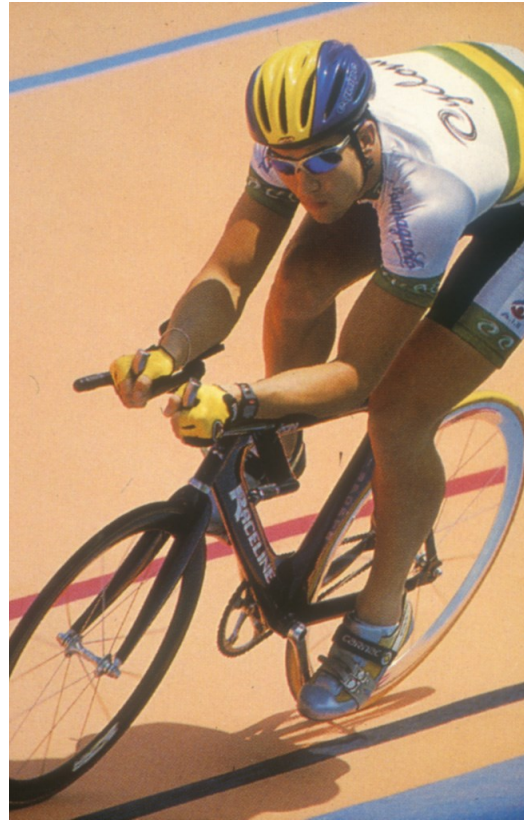
We will again review your progress in the clinic at 3 months.

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Other milestones

ACTIVITIES

- *You should be able to do your full activities between 3-6 months*

6 MONTHS and 12 MONTHS

- *Post operative check up with Dr Kroslak.*

6 MONTHS

- *Final visit with Prof Murrell.*

