

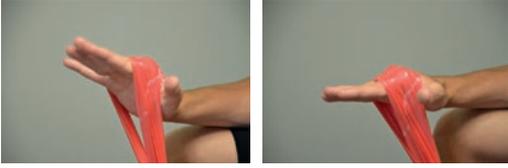
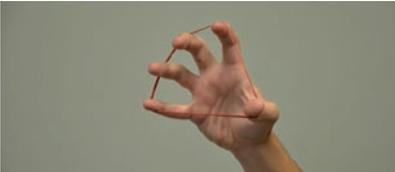
# Tennis Elbow - Rehab

Surgery for tennis elbow involves elevation of the extensor tendons from their attachment on the lateral side of the elbow, debridement of diseased tissue from within the tendon and reattachment of the remaining healthy tendon back to bone. The aim of surgery is essentially to interrupt the dysfunctional repair process within the tendon (tendinosis) and reset a healthy acute healing response.



PHASE	WEEK	GOALS	INSTRUCTIONS
<b>PHASE 1</b> <b>RELATIVE REST</b>	Weeks 0-2	Pain control Wound healing	Sling as required for first 2 weeks Analgesia Compression sleeve and intermittent icing Gentle hand exercises
	Weeks 2-6	Protect repair Regain ROM	Return to light day to day activities Achieve full elbow and wrist ROM Avoid lifting > 2kg or repetitive activities
<b>PHASE 2</b> <b>INCREASE ROM</b>	Weeks 6-12	Maintain full ROM Gradual strengthening	Progressive stretching and strengthening exercises - see over Avoid contact sports, heavy weights
<b>PHASE 3</b> <b>RETURN TO FULL ACTIVITY</b>	Weeks 12+	Return to all activities	Full day-to-day activities as tolerated Graduated return to work, sport, etc

This program is designed to help regain strength and condition in your arm following surgery. It is important that you ease into the program slowly and under the supervision of a physiotherapist to ensure that you get maximum benefit. If you feel significant pain at any point during the exercises, ease off or see your physiotherapist.

EXERCISE	DESCRIPTION	NOTES	
MANUAL STRETCHING		Gentle stretching exercises including wrist flexion, extension and rotation. The elbow should be extended for additional stretch.	Hold for 20-30 seconds 5-10 reps Twice a day
ECCENTRIC STRENGTHENING		With a Theraband held under your foot and wrapped over the back of your hand, use your free hand to cock the wrist up. Then, let go with the supporting hand and slowly let the band pull your wrist back down towards the floor.	15 reps Twice a day Gradually tighten the band or use a stiffer band once comfortable
FINGER EXTENSION		Place a rubber band around all five fingertips. Spread and collapse fingers	25 reps x 3 Twice a day Use a second rubber band to add resistance as necessary
BALL SQUEEZE		Place rubber ball or tennis ball in hand and squeeze.	25 reps x 3 Twice a day Use foam sponge if too hard to begin with
<b>ONLY start the following exercises once you have been doing the above exercises comfortably for 2 weeks</b>			
WRIST EXTENSION STRENGTHENING		Start with 11lb (0.5kg) weight With the forearm supported on your leg and palm facing down, extend wrist while holding weight. Repeat with palm facing up (wrist flexion)	10-15 reps x 3 Twice a day Increase weight only when completing comfortably
FOREARM PRONATION & SUPINATION		Grasp a hammer (or similar) with the forearm supported on your leg. Slowly turn the forearm palm up then palm down	10-15 reps x 3 Twice a day Increase resistance by holding further down the handle