

TENNIS ELBOW RELEASE

This procedure is used for patients with chronic, recalcitrant lateral elbow pain if conservative management has failed

It is carried out as a day case.

Post operatively

- The patient is advised to mobilise the elbow as pain allows
- They are advised to not to grip heavy items for

3 months post surgery

- Patient attends for review at Consultant's outpatient clinic
- If doing well, the patient will be discharged from clinic to their GP
- If the patient is struggling with pain, reduced ROM or function, they can be discharged to the care of the physiotherapists

Aims of Physiotherapy

- To regain full ROM in the upper limb, especially at the elbow and forearm
- To improve strength in the upper limb, especially around the elbow, wrist and fingers.
- Scar management if necessary

Return to functional activities

- *Driving* after 2 weeks or when safe
- *Lifting* as able.
- *Swimming* breast stroke at 2 - 3 weeks, freestyle when able.
- *Return to work* light work (no lifting) – as able
heavy work from 2 months
- *Golf* 2 weeks (but not driving range).
- *Racquet sports* sport specific training when comfortable
competitive play when able.