

Tennis or Golfers Release of the Elbow

Rehabilitation	
On Discharge	<ul style="list-style-type: none"> • Hand and wrist exercises as pain allows • Full Active ROM exercises • Commence eccentric exercise programme
Weeks 2-6	<ul style="list-style-type: none"> • Scar management advice • Postural and scapula education • Light proprioceptive exercises • Commence functional strengthening programme • Kinetic chain rehab' • Assess neural elements CSp/TSp/ULNTTs
Week 6+	<ul style="list-style-type: none"> • Increase functional upper quadrant strengthening programme including concentric, eccentric, and plyometric rehab'

Sling	Removal of sling asap
Physiotherapy Follow Up	Within 2 weeks of surgery

Milestones	
Full AROM Wrist and Elbow	2 Weeks
Driving	2-6 Weeks, dependant on pain
Light/Sedentary Work	2 Weeks
Heavy/Manual Work	6 Weeks
Sport	Swimming (any stroke) 6 weeks Racquet sports 3 months

Patient specific instructions