



Tennis Elbow Rehabilitation

David E. Hartigan, M.D.

Patient Name	Date of Surgery
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Frequency: _____ x/week x _____ weeks

Phase I: (0-2 weeks)

- No Formal PT. Wear sling for comfort and wrist immobilizer at all times except shower (shower at day 3).
- Work on gentle wrist passive range of motion (ROM) and gentle elbow ROM.
- Modalities are important: Ice/compression/elevation. Avoid things that cause pain in the elbow.

Phase II: (2-6 weeks)

- Should be able to discontinue sling 100% of time, leave wrist immobilizer on.
- Absolutely no strengthening excercises. Start formal PT to work on ROM of the wrist and elbow (gentle) as well as shoulder isometric excercises. Continue modalities with PT guidance.

Phase III: (6-12 weeks)

- Continue all ROM excercises, add very gentle strengthening excercises (pain should be a guide) and begin with isometrics and advance to eccentrics by week 10-12 if pain allows.
- Discontinue wrist brace at week 6. Continue to wear at night throught week 12.

Phase IV: (12 weeks beyond)

- Goal of obtaining full ROM and strength. OK to transition to home PT when patient is comfortable. Pain should still be used as a guide.
- Goal for full return is 4 months

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient _____ would _____ would not benefit from social services.

Physician Signature	Date
Printed Name	