



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Arthroscopic Tennis Elbow Release

Phase I: First Two Weeks (Home)

Cock up wrist splint

Sling for comfort

Ice, anti-inflammatory medications, and elevation

Exercises and Plan

- Limit grip forming activities, typing activities with fingers

- Active ROM of elbow without resistance

- Active ROM of shoulder and scapula

Phase II: 2 – 6 Weeks Post-Op (Formal Physical Therapy Starts)

Discontinue sling

Continue cock up wrist splint

Exercises and Plan

- Limit grip forming activities, typing activities with fingers

- Active wrist ROM with elbow in flexed position: Dorsiflexion and Palmar flexion

- Active ROM of elbow – aim for full motion (flexion, extension, supination and pronation); resisted isometrics followed by bands close to 6 weeks (do not grip the bands but use the wrist to loop the bands)

- Active ROM of shoulder and scapula

Phase III: 6 – 12 Weeks

Discontinue cock up wrist splint

Exercises and Plan

- Grip strengthening exercises

- Active ROM of elbow without resistance – aim for full motion

- Active ROM of shoulder and scapula

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

www.lucasmyersonmd.com

