



## Post-Operative Rehabilitation Following Golfers Elbow Surgery

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_



### Phase I—Days 1-7

- **Goals**
  - Improve/regain of range of motion
  - Retard muscular atrophy
  - Decrease pain/inflammation
- **Day 1-7**
  - Movement of wrist and fingers for 2 minutes
    - 3-5x/ day
  - Ice and NSAIDs used for pain control
  - Look for signs of wound infection:
    - Excessive swelling, warmth, redness, oozing from the incision, fever
  - Day 3: Showering is allowed, with bandages off
  - Gentle pain-free elbow, wrist and shoulder ROM is started
  - Compression/ice 4-5 times daily
- **Day 7-17**
  - More aggressive ROM encourage in and out of shower
  - Goal for day 17 are 80% of normal elbow ROM
  - Resume light elbow activities only
  - continue isometrics and gripping exercises
  - continue use of ice
- **Day 18-21**
  - Sub maximal isometrics are started
  - Begin antigravity wrist flexion, extension, supination and pronation without pain
    - If painful: utilize counterforce brace during exercise
  - Once patient can perform 30 reps without pain they can progress to a 1-pound weight or light resistance band.
    - All exercises are performed with the elbow bent to 90° and resting on a table or lower extremity
  - Overpressure into extension (3-4 times daily)



- Continue joint mobilization techniques
- Biceps, triceps, wrist flex/ext, sup/pronators
- Continue use of ice post-exercise

**Phase II –Intermediate Phase**

- **Goals**
  - Increase range of motion
  - Improve strength/power/endurance
  - Initiate functional activities
- **Week 3 to 6**
  - Therapeutic exercises:
    - Rotator cuff, elbow and scapular stabilization training with light resistance
    - Aerobic conditioning on stationary bike or treadmill
  - Overpressure into elbow extension
  - Continue PRE program for elbow and wrist musculature
  - Initiate shoulder program (Thrower’s Ten Shoulder Program)
  - Continue joint mobilization
  - Continue use of ice post-exercise

**Phase III –Advanced Strengthening Program**

- **Goals**
  - Improve strength/power/endurance
  - Gradual return to functional activities
- **Criteria to Enter Phase III**
  - Full non-painful ROM
  - No pain or tenderness
- **Week 8 to 12**
  - Continue PRE program for elbow and wrist
  - Continue shoulder program
  - Continue stretching for elbow/shoulder
  - Initiate Interval program and gradually return to sporting activities
  - Patient is allowed to return to athletics once their grip strength is normal.

**Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_