



## Tennis Elbow Debridement With or Without Reattachment

Michael H. Johnson, MD

The surgery involves release of the ECRB from its insertion at the lateral epicondyle. Note that ECRB may be attached distally to ECRL. Rehabilitation progression is limited by tissue healing and pain symptoms.

### Goals of Therapy

- Protect ECRB, if sutured to ECRL (usually not)
- Full range of motion of elbow and wrist
- Pain-free range of motion

### Weeks 1-2

- Post-op dressings removed at first post-op visit, 10 to 14 days
- Sutures removed at 10 to 14 days
- Static wrist extension splint

### Weeks 2-4

- Scar mobilization
- Modalities PRN
- Active range of motion to elbow and wrist, gradually increasing composite motion of elbow extension and wrist flexion

### Weeks 4-6

- Continue active range of motion
- May begin gentle strengthening, if no pain symptoms present at rest and no increase in symptoms with Mills maneuver (elbow extension with wrist flexion)

**Additional Considerations:** Protocols for lateral epicondylectomy or ECRB debridement would not require lengthy rehab. Range of motion may begin within the first 10 to 14 days, with strengthening program beginning at 4 weeks post-op.