

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 antigraivty 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: _____