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Post-Operative Rehabilitation Following Golfers Elbow Surgery

Name:	Date:
Diagnosis:	Date of Surgery:
Phase I –Days 1-7	
• Goals	

- o 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
- o 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
- o continue isometrics and gripping exercises
- o continue use of ice

Day 18-21

- Sub maximal isometrics are started
- o 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)



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Frequency:times per week Duration:weeks	Freque	encv:	times per week Duration weeks

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