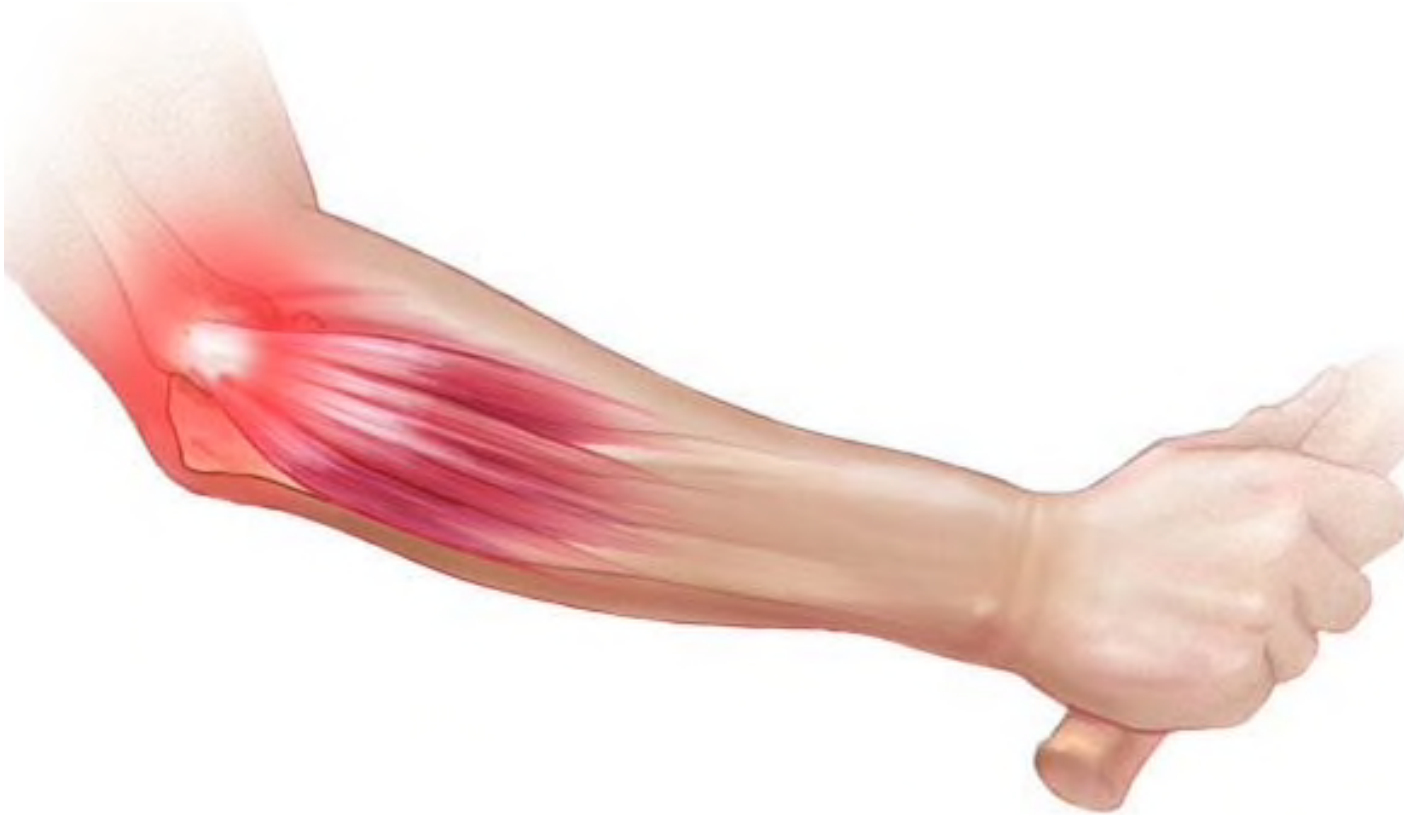


Tennis /Golfers Elbow Surgery

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POST OPERATIVE INSTRUCTIONS **AND** **EXPECTATIONS:**

- 1. YOUR ARM AND HAND WILL BE IMMOBILE AND NUMB FOR AT LEAST 8-12 HOURS UNTIL THE BLOCK WEARS OFF.**
- 2. KEEP YOUR DRESSING CLEAN AND DRY. DO NOT REMOVE.**
- 3. APPLY ICE TO YOUR ELBOW AT LEAST 3 TIMES DAILY FOR 20 MINUTES EACH TIME.**
- 4. YOUR FINGERS WILL BE STIFF, MOVE THEM AS MUCH AS POSSIBLE.**
- 5. EXPECT TO HAVE PAIN, TAKE YOUR MEDICATIONS AS NEEDED.**
- 6. YOU SHOULD HAVE YOUR FOLLOW UP APPOINTMENT IN 24-72 HOURS**

TENNIS AND GOLFERS ELBOW



Tennis / Golfers Elbow:

- Is an inflammation of the tendons in you elbow
- Pain in the forearm and the outside or inside of the elbow
 - usually with lifting
 - Patients can have pain even with picking up a glass of water or grabbing something from the fridge

- Can even effect daily activities of life such as washing you face or brushing your teeth

Treatment:

- Rest, Ice , Anti-Inflammatories
- Corticosteroid Injections
- PRP Injections
- Physical Therapy
- Surgery if conservative management fails