



UNDERSTANDING YOUR SURGERY

Lateral Epicondylitis Surgery

Overview

Tennis elbow is caused by wear and degeneration of the tendon on the outer side of the elbow. When it won't settle, this small operation releases and removes the degenerate tendon tissue, relieving the chronic pain.

About Your Procedure

Why this surgery is recommended

- Tennis elbow that hasn't improved after 6–12 months of treatment
- Persistent, disabling outer-elbow pain
- Reserved for stubborn cases — most people improve without surgery

What happens during surgery

- A small incision (2–3 cm) on the outer elbow, or keyhole
- Degenerate tendon tissue released from the bone and removed
- Wound closed with fine sutures
- Local or general anaesthetic; day procedure

After Your Surgery

- A light dressing only — no cast or sling needed
- Gentle wrist movement within a few days
- Physiotherapy starts at **Week 2**
- Avoid gripping, lifting and keyboard use for the first 3 weeks
- No driving for **6 weeks** after surgery

Important precautions:

- Avoid pressing the wrist back against resistance for 3 weeks
- Eccentric exercises are the cornerstone of recovery — attend physiotherapy
- Avoid cortisone injections after surgery — they slow tendon healing
- Full recovery usually takes 4–6 months — progressive loading is key

Your Recovery at a Glance

WEEKS 0–3

Rest. Gentle wrist movement.
No gripping

WEEKS 3–8

Progressive loading.
Eccentric exercises from Wk 5–6

WEEKS 8–16

Tendon strengthening.
Sport-specific work

WEEKS 16–26

Full return to sport and
manual work

QUESTIONS YOU MAY WISH TO ASK

- ? What does my recovery look like for my job or sport?
- ? What are the main risks, and how likely are they for me?
- ? What pain relief will I need, and for how long?
- ? When can I return to work, and is travel safe early on?

MY NOTES
