



UNDERSTANDING YOUR SURGERY

Medial Epicondylitis Surgery

Overview

Golfer's elbow is wear and degeneration of the tendon on the inner side of the elbow. When it won't settle, this small operation releases and removes the degenerate tissue. The nearby ulnar nerve is carefully protected during surgery.

About Your Procedure

Why this surgery is recommended

- Inner elbow pain that persists beyond 6–12 months of treatment
- Stubborn pain affecting golf, throwing or manual tasks
- Once other causes (nerve or ligament problems) are excluded

What happens during surgery

- A small incision (2–3 cm) on the inner elbow
- Degenerate tendon tissue released and removed
- The ulnar nerve, running close by, is identified and protected
- Local or general anaesthetic; day procedure

After Your Surgery

- A light dressing only — no cast or sling
- Gentle wrist movement within a few days
- Physiotherapy starts at **Week 2**
- Watch for tingling in the ring or little finger and report it
- No driving for **6 weeks** after surgery

Important precautions:

- Avoid bending the wrist down against resistance for 3 weeks
- Tingling in the ring or little finger may mean nerve involvement — report it
- No cortisone injection within 6 weeks of surgery
- Golfers return to chipping and putting before a full swing

Your Recovery at a Glance

WEEKS 0–3

Rest. Gentle movement. No gripping or golf

WEEKS 3–8

Progressive loading. Eccentric and grip work

WEEKS 8–16

Strengthening. Throwing from Wk 12 if relevant

WEEKS 16–26

Full return to golf, 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
