

Percutaneous Epicondylitis Release Instructions:

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The percutaneous release for “tennis elbow” is a procedure to partially cut the tendon origin of the muscles that move your wrist into extension (an up position). This requires about one week for the small incision to heal and 4-6 weeks for the tendon to heal.

After the office procedure follow instructions below:

Keep the ACE wrap on as a compressive wrap for 2 days. Then remove the bandage and you may allow the arm to get wet in the shower. The underlying steri-strips should stay on until they fall off on their own (usually several days). You may put a Band-aid over these.

You may need to take a prescribed pain medication for several days after the procedure. Alternatively, you may try Tylenol, Ibuprofen (Motrin), or Naproxyn (Aleve) as over the counter pain medications.

After ACE wrap removal, begin motion exercises below for flexion and extension of the elbow (day 2). Your goal should be full elbow motion by 1-2 weeks after the procedure.

Use a wrist splint for the first month during the day to allow the wrist muscles to rest while healing. Lifting weights of 5 to 10 lbs is allowed, but heavier weights may cause pain and slow your recovery. You may wear the splint at night if you need to for comfort. You may return to work or driving within a few days as you feel able. Please recognize that heavy activity or repetitive activity for long periods of time may cause more pain.

We hope for a quick recuperation, but, pain may persist typically for about 7-8 weeks. Please call with questions or problems

