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**PERCUTANEOUS DEBRIDEMENT OF ELBOW (TENEX) PROCEDURE
POST-OPERATIVE PHYSICAL THERAPY PROGRAM**

PRECAUTIONS

- No excessive &/or aggressive motion first 5 days unless specified by physician
- No excessive elbow loading through exercise for 4-6 weeks

MAXIMUM PROTECTION PHASE (WEEKS 1 to 3)

Goals: Restore full wrist and elbow ROM,
Decrease swelling & pain,
Promote healing of articular cartilage
Retardation or muscle atrophy

A. Days 1 to 5

1. Begin gently moving elbow
2. Immediate post-op hand & wrist ROM
 - a. Wrist flexor stretching
 - b. Wrist extensor stretching
 - c. Elevate hand to reduce swelling
 - d. Continue light elbow AAROM exercises (3-4 times per day)

B. Post-op Day 5 through 7

1. PROM & AAROM elbow extension & flexion (motion to tolerance)
2. Begin isotonic exercises using body weight
 - a. Wrist curls
 - b. Reverse wrist curls
 - c. Neutral wrist curls
 - d. Pronation/supination
 - e. Active elbow flexion & extension (frequent motion- 5min every hour)

C. Post-op Week 2 to 4

1. Emphasize elbow ROM and restoring full ROM
2. Begin light overpressure program into extension

3. Perform AAROM & PROM
Full PROM at end of week 2
Begin shoulder isotonic strengthening program week 2
Running program may begin week 4

D. Post-op Weeks 5 to 6

1. Continue all exercises above
2. Emphasis on restoration of full ROM
3. If lacking full extension – low load long duration (LLLD) stretching
4. Continue AAROM program for articular cartilage healing
5. Pool program – light exercises in water (once incisions close)
6. Begin resistance program for wrist extensors using 1 lb. dumbbells (gradual increase by 1pd per week)
7. Initiate resistance program for biceps/triceps musculature

II. MODERATE PROTECTION PHASE (WEEKS 6-10)

Goals: Protect articular cartilage healing
Restore/maintain Full ROM
Shoulder ROM & Strength

A. Weeks 6 -10

1. Continue AAROM & PROM exercises for elbow
2. Continue shoulder strengthening program
3. Stretching & ROM program for shoulder
4. Continue ROM exercises for elbow
5. Core strengthening program
6. Still maintain precautions regarding loading of the elbow

III. MINIMAL PROTECTION PHASE / RETURN TO ACTIVITY PHASE (WEEKS 10 - 14)

Goals: Incorporate shoulder endurance program
Continue gradual increase in forearm wrist isotonic strengthening
Gradual return to activity/sport

Criteria to return to activity:

1. Full AROM/PROM Elbow
2. Non tender extensor mass lateral elbow
3. Non painful grip strength

4. Shoulder / Elbow strength > 4+/5
- A. Weeks 10 to 14
1. Continue AAROM & PROM exercises
 2. Continue wrist strengthening program
 3. ROM & Stretch Shoulder
 4. Core Program
 5. Initiate interval sport programs