



**NICHOLAS J NEWSUM, M.D.**  
**ORLANDO HAND SURGERY ASSOCIATES**  
**801 N. ORANGE AVE SUITE 600B**  
**ORLANDO, FL 32801**  
**PHONE (407)-841-2100**  
**FAX (407)-841-5705**

## **Elbow Arthroscopy (Tennis Elbow/Debridement/OCD)**

### **POD 10-14:**

Splint: The post-operative dressing and sutures are removed and the patient is placed in a posterior mold long arm splint

Motion: Active and passive range of motion exercises are initiated

### **Strengthening:**

- OCD/Debridement: 6-8 weeks
- Tennis Elbow: 8-10 weeks

If microfracture for OCD, no loading or sports until 6 months postop

Please call with questions or concerns at the phone number above.