

## OS38lite Surgery for Tennis Elbow

Expires end of December 2019

A more detailed version of this procedure specific information sheet is available. Please ask your health practitioner at Joondalup Health Campus for a copy.

**Write questions or notes here:**

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This document will give you information about surgery for tennis elbow. If you have any questions, you should ask your GP or other relevant health professional.

### What is tennis elbow?

Tennis elbow is caused by wear and tear of the tendons on the outside of your elbow, causing pain, stiffness and, sometimes, weakness (see figure 1).

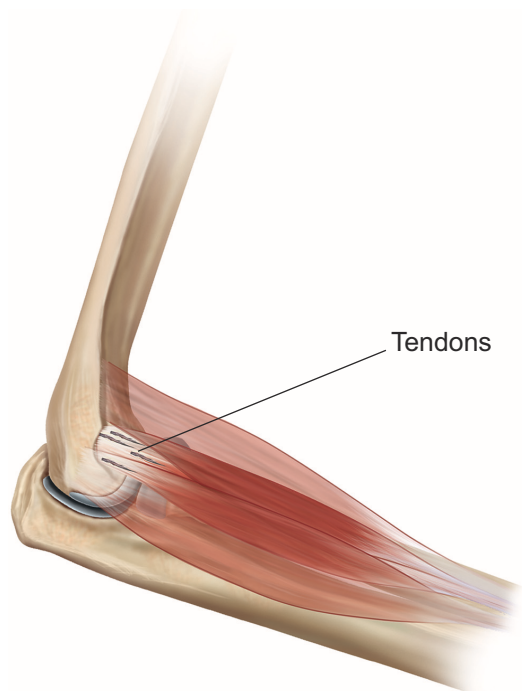


Figure 1  
The tendons of a right elbow

### What are the benefits of surgery?

9 in 10 people heal within a year without surgery. The main benefit of surgery is to get relief from the symptoms more quickly.

### Are there any alternatives to surgery?

Tennis elbow heals over time. Physiotherapy can help you to recover more quickly. Some people may also benefit from wearing a splint. Injections of steroids, blood, or hyaluronic acid can sometimes improve symptoms.

### What does the operation involve?

Various anaesthetic techniques are possible. The operation usually takes about 30 minutes.

Your surgeon will make one or more cuts on the outside of your elbow. They will remove the damaged part of the tendon and treat any other problems with the joint.

### What complications can happen?

#### 1 General complications

- Pain
- Bleeding
- Infection of the surgical site (wound)
- Unsightly scarring

#### 2 Specific complications

- Bleeding into the joint
- Infection in your elbow joint
- Severe pain, stiffness and loss of use of your arm and hand
- Damage to nerves
- Damage to the radial nerve

### How soon will I recover?

You should be able to go home the same day. The physiotherapist may give you exercises and advice to help you to recover from the operation. It can take a few weeks to get back to normal activities.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

Most people have a major improvement.

### Summary

Tennis elbow is caused by wear and tear of the tendons on the outside of your elbow. 9 in 10 people heal within a year without any treatment. The main benefit of surgery is to get relief from the symptoms more quickly.

### Acknowledgements

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