

# ACHILLES TENDON ULTRASOUND GUIDED PERCUTANEOUS TENOTOMY CLINICAL PRACTICE GUIDELINE

## Procedure

Ultrasound-guided percutaneous tenotomy converts major surgery into a quick procedure through a small incision.

## Personalized Care

Post-procedure care is tailored to individual needs.

## Recovery

- Progression is time and criterion-based, depending on soft tissue healing, patient demographics, and clinician evaluation.
- For questions, contact Dr. Sujan Gogu's clinic.

## Avoid Before and After Procedure

Over-the-counter pain medications (ibuprofen, naproxen, acetaminophen): 1 week before and 1 month after

**Alcohol:** 48 hours before and while taking prescription pain medication.

**Tobacco & nicotine:** Discuss cessation with your physician

## Diet

No fasting required before the procedure; normal meals can be resumed when comfortable.

**Ensure your medical team provides the following items before or during your procedure:**

- Crutches

- Boot
- Peel-away heel lift (to be worn in your boot and shoe at all times, with gradual reduction as directed by your care team)
- Therapy appointment schedule
- Follow-up appointment times (approximately 2 weeks and 6 weeks post-procedure)

### Post-Procedure Care and Rehabilitation Progression

Time Period	Weight Bearing	Activity & Rehab
Day of Procedure	<ul style="list-style-type: none"> <li>• No weight-bearing on treated leg</li> <li>• Use crutches/scooter and boot for mobility.</li> </ul>	<ul style="list-style-type: none"> <li>• Rest and elevate ankle to reduce swelling. Arrange for a ride home</li> <li>• Bring crutches, scooter, or boot to the appointment.</li> </ul>
Days 2-7	<ul style="list-style-type: none"> <li>• No weight-bearing</li> <li>• Use crutches/scooter and boot for mobility.</li> </ul>	<ul style="list-style-type: none"> <li>• Elevate ankle at least 3 times a day</li> <li>• Begin gentle ankle range of motion exercises (plantarflexion, inversion, eversion)</li> <li>• Avoid dorsiflexion stretching.</li> </ul>
Week 2 (Days 8-14)	<ul style="list-style-type: none"> <li>• Transition to partial weight-bearing with crutches and boot; wear heel lift if provided.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue ankle range of motion exercises.</li> <li>• Begin partial weight-bearing using a scooter by placing untreated leg on it and bearing weight on the treated foot.</li> </ul>

### Rehabilitation Progression

Progression	Weight Bearing	Activity & Rehab
Progression 1	<ul style="list-style-type: none"> <li>• Start weaning off the boot under therapist supervision.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue ankle range of motion, add gentle Achilles tendon stretching, and begin isometric</li> </ul>

Progression	Weight Bearing	Activity & Rehab
	<ul style="list-style-type: none"> <li>Continue partial weight-bearing at home using crutches.</li> <li>Use crutches and boot for community distances.</li> </ul>	<ul style="list-style-type: none"> <li>ankle strengthening.</li> <li>Gentle dorsiflexion allowed for stretching.</li> <li>Use soft tissue mobilizations around incision.</li> </ul>
<b>Progression 2</b>	<ul style="list-style-type: none"> <li>Walk normally at home under therapist supervision.</li> <li>Continue partial weight-bearing with crutches for community distances.</li> </ul>	<ul style="list-style-type: none"> <li>Continue isometric strengthening.</li> <li>Begin non-impact aerobic exercise on a stationary bike without the boot.</li> <li>Start swimming and pool exercises once the wound is healed.</li> </ul>
<b>Progression 3</b>	<ul style="list-style-type: none"> <li>Walk normally at home and start short community trips, increasing as tolerated.</li> <li>Use a peel-away heel lift in your shoe, gradually removing layers.</li> </ul>	<ul style="list-style-type: none"> <li>Progress ankle strengthening using resistance bands.</li> <li>Begin balance exercises like single-leg stance.</li> </ul>
<b>Progression 4</b>	<ul style="list-style-type: none"> <li>Walk normally in home and community.</li> </ul>	<ul style="list-style-type: none"> <li>Increase ankle strengthening with heavier resistance bands.</li> <li>Continue balance exercises.</li> <li>Start using an elliptical machine with no incline and low resistance.</li> <li>Increase walking pace for exercise.</li> </ul>
<b>Progression 5</b>	<ul style="list-style-type: none"> <li>Continue normal walking.</li> </ul>	<ul style="list-style-type: none"> <li>Increase intensity on the elliptical machine and walking.</li> <li>Use a leg press for quadriceps</li> </ul>

Progression	Weight Bearing	Activity & Rehab
		<p>strengthening, progressing to low resistance calf strengthening.</p> <ul style="list-style-type: none"> <li>• Advance as advised by care team.</li> </ul>
<b>Progression 6</b>	<ul style="list-style-type: none"> <li>• Continue normal walking.</li> </ul>	<ul style="list-style-type: none"> <li>• Increase intensity in biking, swimming, walking, and weight machines.</li> <li>• Raise resistance and incline on the elliptical machine.</li> </ul>
<b>Progression 7</b>	<ul style="list-style-type: none"> <li>• Full weight-bearing and higher impact activities as directed.</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to higher impact exercises like jogging, running, sprinting, and jumping once able to perform previous activities without pain.</li> </ul>