

# ELBOW ULTRASOUND GUIDED PERCUTANEOUS TENOTOMY/PRP INJECTION CLINICAL PRACTICE GUIDELINE

## Ultrasound-Guided Percutaneous Tenotomy Post-Procedure Instructions

The ultrasound-guided percutaneous tenotomy offers a minimally invasive alternative to traditional surgery, completed through a small incision. These guidelines aim to assist you and your physical therapist in post-procedure care, tailored to your specific needs.

## Disclaimer

- The progression of your recovery depends on time and specific criteria, considering soft tissue healing, patient characteristics, and clinical evaluations.
- For inquiries, contact Dr. Sujan Gogu's clinic.

## Things to Avoid Before and After Your Procedure

### Medications

- **Over-the-counter pain medications:** Avoid ibuprofen (Advil™, Motrin™), naproxen (Aleve™, Naprosyn™), and acetaminophen (Tylenol™) as they may impair healing and increase bleeding risk.

### Substances

- **Alcohol:** Avoid 48 hours before the procedure and do not consume while taking prescription pain medication.
- **Tobacco & nicotine:** Consider quitting as these products can impair healing.

### Diet

- **Fasting:** Not required; eat normal meals before the procedure and resume your regular diet when you feel able.

## Pre-Procedure Essential

Ensure your medical team provides the following before or at your procedure:

- Crutches or scooter
- Therapy appointment times
- Follow-up times

## Post- Procedure Care

- **Transportation:** Arrange for a family member or friend to drive you home.
- **Crutches:** Bring them to your procedure if provided.

### Activity and Rehabilitation Progression

| Week   | Activity Restrictions | Rehabilitation  |
|--------|-----------------------|---|
| Week 2 | Lift up to 10 lbs     | <ul style="list-style-type: none"> <li>• Continue range of motion exercises.</li> <li>• Perform isometric wrist and elbow strengthening 1-2 times daily.</li> </ul>   |
| Week 3 | Progress as tolerated | <ul style="list-style-type: none"> <li>• Maintain range of motion exercises.</li> <li>• Begin isotonic wrist and elbow strengthening with 2 lb dumbbells, progressing as tolerated, 1-2 times daily.</li> </ul>                                       |
| Week 4 | No restrictions       | <ul style="list-style-type: none"> <li>• Increase isotonic strengthening intensity under supervision.</li> <li>• Begin joint integrated strengthening (e.g., chest press, rows, hammer curls).</li> <li>• Maintain neutral wrist position.</li> </ul> |
| Week 5 | No restrictions       | <ul style="list-style-type: none"> <li>• Further increase strengthening intensity.</li> <li>• Start sport/activity-specific training under supervision.</li> </ul>  |
| Week 6 | No restrictions       | <ul style="list-style-type: none"> <li>• Resume high-impact sports such as golf and tennis under supervision.</li> </ul>  |

## Orthotics/Braces

### Guidelines

Do not sleep in the sling or drive while wearing it. Remove the sling 3-5 times daily for range of motion exercises.

## Discomfort Management

### Guidelines

Some pain is normal for the first few weeks. Apply an ice pack for 15 minutes as needed; consider icing 3 times daily for the first 2-3 days. Contact your care team if pain concerns you.

## Bandage Care

### Guidelines

Remove dressing after 24-48 hours and replace with a simple bandage. Remove sterile strip bandages when they begin peeling off or after 7 days. Keep the procedure area clean and dry for 1 week until your wound check.

## Bathing Instructions

### Guidelines

Avoid soaking/submerging the elbow in water for 1 week. Showering is permissible, but keep the incision site covered for the first week.

## Follow-Up Appointments

### Schedule

### **Schedule**

Follow-up visits are typically scheduled approximately 1 week, 1 month, and 3 months post-procedure.

### **When to Contact Your Provider**

#### **Guidelines**

Contact Dr. Sujan Gogu's clinic during clinic hours if you notice increasing redness, warmth, pain, fever, drainage, or other concerns. For urgent issues, seek care at your local emergency room.

### **For Therapists Only**

#### **Guidelines**

Perform all strength work every other day, 2-3 sets of each exercise to fatigue without reactive pain. Manual work may begin 2 weeks post-procedure.