

GLUTEAL TENDON ULTRASOUND GUIDED PERCUTANEOUS TENOTOMY/PRP INJECTION CLINICAL PRACTICE GUIDELINE

Overview

The ultrasound-guided percutaneous tenotomy transforms what was once major surgery into a quick procedure performed through a small incision. Post-procedure care will be customized to your needs, but the following guidelines can assist you and your physical therapist.

General Guidelines

- **Progression:** Time and criterion-based, dependent on soft tissue healing, patient demographics, and clinician evaluation.
- **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 Essentials

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.

Weight Bearing Activity and Rehab

Days 1-3	<ul style="list-style-type: none">• Activity: Toe-touch weight bearing with crutches• Rest: Rest is crucial during this period.
Days 4-7	<ul style="list-style-type: none">• Weight Bearing: Transition to partial weight-bearing using crutches, placing 50% of your body weight on the treated leg.• Exercises:<ul style="list-style-type: none">➤ Gentle hip range of motion➤ Isometric strengthening (quad sets and glute squeezes) 3 times per day
Week 2	<ul style="list-style-type: none">• Weight Bearing: Begin weaning off crutches under the direction of your therapist.• Exercises:<ul style="list-style-type: none">➤ Increase hip range of motion➤ Perform straight leg raises➤ Hip abduction exercises like clamshells➤ Core stability exercises like planks (1-2 times per day)• Swimming: You can start swimming and pool exercises once the

	wound has healed.
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Time Period	Activity	Exercise
Days 1-3	Toe-touch weight bearing with crutches	Rest
Days 4-7	Partial weight-bearing with crutches (50% body weight)	Gentle hip range of motion, isometric strengthening (quad sets, glute squeezes) 3x/day
Week 2	Wean off crutches as tolerated	<ol style="list-style-type: none"> 1. Increase hip ROM 2. Straight leg raises 3. Hip abduction (clamshells) 4. Core stability (planks) 1-2x/day 5. Swimming/pool exercise once wound is healed

Weight Bearing Activity and Rehab

Week	Activity	Exercise
Week 3	Walking normally at home and in the community	<ul style="list-style-type: none"> • Continue hip range of motion • Progress hip abduction strengthening • Body-weight mini-squats (1-2 times/day) • Stationary bike
Week 4	Increase intensity of strengthening exercises	<ul style="list-style-type: none"> • Complex movements (squats, hip bridges, bridge walkouts) • Balance exercises (single-leg stance) • Low impact aerobic exercise (walking, elliptical, no incline, low resistance)
Week 5	Progress intensity of strengthening and balance exercises	Increase intensity of low impact aerobic exercise (biking, swimming, elliptical, walking)

Week	Activity	Exercise
Week 6	Continue to progress strength exercises	Increase intensity of low impact aerobic exercise (no running)
Week 7	Progress to higher impact activities	<ul style="list-style-type: none"> • Jogging • Running • Sprinting • Jumping (as directed) • Use anti-gravity treadmill for runners

Post-Procedure Care

Discomfort

- Expect some pain during the initial weeks.
- Apply an ice pack to the painful area for 15 minutes as needed; ideally, ice the area three times a day for the first 2-3 days.
- If you have any concerns about your pain, reach out to your care team

Dressing

- Remove the dressing after 24-48 hours and replace it with a simple bandage.
- Sterile strip bandages can be removed when they start peeling off or after 7 days.
- Keep the bandages and the procedure area clean and dry.

Bathing

- Avoid soaking or submerging your hip in water for 1 week.
- Showering is fine, but keep the incision dry until your wound check.

Follow-up Appointment

- Scheduled approximately 1 week, 1 month, and 3 months after your procedure.

When to Call Your Provider

- If you experience increasing redness, warmth, pain, fever, drainage from the wound, or have any other concerns.
- Call Dr Sujan Goju's clinic during normal clinic hours, or visit your local emergency room.

For Therapists Only

- **Strength Work:** Perform every other day, 2-3 sets of each exercise to fatigue without reactive pain.
- **Manual Work:** May begin 2 weeks after the procedure date