

HAMSTRING TENDON ULTRASOUND GUIDED PERCUTANEOUS TENOTOMY CLINICAL PRACTICE GUIDELINE

Ultrasound-guided percutaneous tenotomy now allows for a minimally invasive approach that replaces traditional major surgery with a quick procedure through a small incision. Post-procedure care will be personalized to suit your specific needs. The following guidelines are intended to assist you and your physical therapist during your 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.

Things to Avoid Before and After Your Procedure

1

Over-the-counter Pain Medications: Avoid medications such as ibuprofen (Advil™, Motrin™), naproxen (Aleve™, Naprosyn™), and acetaminophen (Tylenol™) for one week before and one month after your procedure. These medications may affect healing.

2

Alcohol: Refrain from consuming alcohol 48 hours before your procedure. Do not drink alcohol while taking prescription pain medication.

3

Tobacco & Nicotine: Consider discussing cessation options with your physician. These substances can impair healing and hinder your recovery process.

4

Diet: There is no need to fast before the procedure. Eat regular meals before your procedure and resume your normal diet as you feel comfortable.

Before Your Procedure

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

1. Crutches
2. Therapy appointment times
3. Follow-up times (approximately **2 weeks and 6 weeks** after your procedure)

Post-procedure Care (Days 1-3)

- **Do not drive:** Arrange for a family member or friend to drive you home after your procedure.
- **Weight-bearing:** Use crutches for toe-touch weight bearing.
- **Activity & Rehab:** Rest to minimize tendon irritation.
- Bring your crutches with you if they were provided.

Weight Bearing & Activity and Rehab - Progression 1

- Transition to partial weight-bearing using crutches. It's normal to experience some discomfort; typically, discomfort should subside by the next morning.
- Begin gentle range of motion exercises to increase hip flexion.
- Start **isometric strengthening exercises**, including quad sets and glute squeezes, three times per day.
- **Manual Therapy:** Soft tissue mobilizations around the incision area can be performed, avoiding direct pressure throughout the progressions.

Weight Bearing & Activity and Rehab - Progression 2

- Begin weaning off crutches under therapist's guidance.
- Walk without crutches at home; continue partial weight bearing in the community with crutches until discomfort subsides by the next morning.
- Increase hip flexion
- Perform quad sets, straight leg raises, reverse straight leg raises, heel slides.
- Introduce **core stability exercises** like planks.
- Start **swimming and pool exercises** once the wound is healed

Weight Bearing & Activity and Rehab - Progression 3

- Walk normally at home and in the community under therapist's direction.

- Maintain hip range of motion; add gentle hamstring stretching.
- Start active knee flexion and hip extension strengthen (begin with leg weight, then add resistance as tolerated).
- Initiate balance exercises like single-leg stance

Weight Bearing & Activity and Rehab - Progression 4

- Continue hip range of motion and stretching.
- Increase intensity of strengthening exercises.
- Begin complex movements like double and single leg hip bridge, bridge walkouts.
- Start low-impact aerobic exercise (e.g., walking, elliptical) with no incline and low resistance

Weight Bearing & Activity and Rehab - Progression 5

- Increase intensity of strengthening exercises.
- Incorporate exercises like split squats, single leg deadlifts.
- Perform hip bridges on a physioball.
- Gradually intensify low-impact aerobic exercise (e.g., biking, swimming, elliptical, walking)

Weight Bearing & Activity and Rehab - Progression 6

- Advance strength exercises as directed.
- Increase intensity of low-impact aerobic exercise
- Avoiding running

Weight Bearing & Activity and Rehab - Progression 7

- Progress to higher impact activities (e.g., jogging, running, sprinting, jumping) as guided by your care team once activities can be performed without pain

1

Discomfort: Expect some pain in the weeks following your procedure. Use an ice pack on the painful area for 15 minutes as needed. For the first 2-3 days, consider icing the area up to three times daily.

2

Dressing: If a dressing was applied, remove it after 24-48 hours. 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 procedure area clean and dry

3

Bathing: Avoid soaking or submerging your hip in water for 1 week. Showering is acceptable during this time.

4

When to Contact Your Provider: Contact Clinic if you notice increasing redness, warmth, pain, fever, drainage from the wound, or any other concerning issues. For emergencies outside of clinic hours, seek care at your local emergency room.