

**PATELLAR / QUADRICEPS TENDON ULTRASOUND GUIDED
PERCUTANEOUS TENOTOMY CLINICAL PRACTICE GUIDELINE**

Ultrasound-Guided Percutaneous Tenotomy Guidelines

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

Disclaimer

- 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:

- Crutches
- Knee brace, if necessary
- Therapy appointment times
- Follow-up appointments (approximately 2 weeks and 6 weeks after your procedure)

Post-procedure Care

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| Days 1-3 | <ul style="list-style-type: none"> • Transportation: Have a family member or friend drive you home after your procedure. • Assistive Devices: Bring crutches and brace (if provided) to your procedure. • Weight-bearing: Toe-touch weight bearing with crutches. If provided, wear the brace to protect the tendon. • Activity & Rehab: Rest and keep the leg elevated to reduce swelling. |
| Weight Bearing Activity and Rehab | |
| Progression 1 | <ul style="list-style-type: none"> • Weight-bearing: Transition to partial weight-bearing using crutches and discontinue the brace. Some discomfort is normal; ensure it subsides by the next morning. • Range of Motion: Begin gentle range of motion exercises to increase knee flexion. Start with heel slides and isometric strengthening with quad sets 3 times per day. • Manual Therapy: Soft tissue mobilizations around the incision, avoiding direct pressure. |
| Progression 2 | <ul style="list-style-type: none"> • Weight-bearing: Under therapist guidance, begin weaning off |

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| | <p>crutches. Walk without crutches at home and continue partial weight-bearing with crutches in the community. Discomfort should subside by the next morning.</p> <ul style="list-style-type: none"> • Range of Motion: Continue increasing knee flexion. Use a stationary bike, pedaling with the untreated leg while the treated leg follows. Continue quad sets and begin straight leg raises. • Swimming & Pool Exercise: Can start once the wound is healed. |
| Progression 3 | <ul style="list-style-type: none"> • Weight-bearing: Walk normally at home and in the community under therapist guidance. • Exercises: Continue knee range of motion exercises and add gentle quadriceps stretching. Begin active, unweighted knee extensions and balance exercises like single-leg stance. |
| Progression 4 | <ul style="list-style-type: none"> • Exercises: Continue knee range of motion and stretching. Progress strengthening exercises using a leg press, then add body-weight mini-squats. Increase stationary bike intensity, pedaling equally with both legs. |
| Progression 5 | <ul style="list-style-type: none"> • Strengthening: Increase the intensity of strengthening exercises as directed by your care team. Use an elliptical machine (start with no incline and low resistance) and increase walking pace for aerobic exercise. |
| Progression 6 | <ul style="list-style-type: none"> • Exercises: Continue progressing strengthening exercises as directed. Gradually increase the intensity of biking, swimming, elliptical, or fast/incline walking. |
| Progression 7 | <ul style="list-style-type: none"> • Higher Impact Activities: Once you can perform the above activities without pain, progress to higher impact activities like jogging, running, sprinting, and jumping, as directed by your care team. |

Bracing

Usage: If provided with a knee brace, wear it for the first 3 days after your procedure.

Discomfort

Pain Management: Some pain is expected for the first few weeks. Use an ice pack on the painful area for 15 minutes as needed, considering icing 3 times daily for the first 2-3 days. Your care team may prescribe pain medication if necessary.

Dressing

- **Removal:** Remove the dressing after 24-48 hours and replace it with a simple bandage.
- **Compression Sleeve:** Keep the compression sleeve on for 2 days. Ensure it is snug but not tight.
- **Sterile Strips:** Remove sterile strip bandages when they begin to peel off or after 7 days. Keep bandages and the procedure area clean and dry.

Bathing

Restrictions: Do not soak or submerge the knee in water for 1 week. Showering is acceptable.

When to Call Your Provider

Symptoms to Watch: Contact your provider if you notice increasing redness, warmth, pain, fever, drainage from the wound, or other concerning symptoms.