

ROTATOR CUFF ULTRASOUND GUIDED PERCUTANEOUS TENOTOMY CLINICAL PRACTICE GUIDELIN

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

Progression and Care

- Progression is based on time and specific criteria, considering soft tissue healing, patient characteristics, and clinician evaluation.
- For any questions, contact Dr. Sujan Gogu's clinic.

Things to Avoid Before and After Your Procedur

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:

- A Sling
- 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.

Post-Procedure Care

Day of Procedure	<ul style="list-style-type: none"> • Have a family member or friend drive you home. • Bring your sling if provided. • No lifting today. • Protect and rest your shoulder.
Days 2-7	<ul style="list-style-type: none"> • You may lift up to 1 lb. • Begin using your elbow and hand for non-repetitive tasks (grooming, dressing, eating, driving short distances). • Discontinue sling use after 3-5 days if comfortable. • Avoid sustained gripping (e.g., opening a jar). • Start shoulder range of motion exercises with pendulums and table slides 3-5 times daily. • Begin strengthening with scapular pinches.

Activity and Rehabilitation Progression

Progression	Activity Restrictions	Rehabilitation
Progression 1	Lift up to 5 lbs.	<ul style="list-style-type: none"> • Continue with pendulums and table slides. Strengthen with scapular pinches. • Begin isometric rotator cuff strengthening. • Perform soft tissue mobilizations around the incision, avoiding direct pressure.

Progression	Activity Restrictions	Rehabilitation
Progression 2	Progress as tolerated.	<ul style="list-style-type: none"> • Continue range of motion exercises. • Start isotonic scaption, internal and external rotation strengthening (starting with a 2 lb. dumbbell and increasing as tolerated).
Progression 3	None	<ul style="list-style-type: none"> • Increase isotonic strengthening intensity under care team supervision. • Begin joint-integrated strengthening (e.g., chest press, rows).
Progression 4	<ul style="list-style-type: none"> • Increase strengthening intensity. • Start sport/activity-specific training under care team supervision. 	
Progression 5	<ul style="list-style-type: none"> • Resume high-impact sports (e.g., golf, tennis) under care team supervision. 	

Orthotics/Braces

Wear the sling for the first 3-5 days for comfort. Remove the sling 3-5 times per day for range of motion exercises. Do not sleep in the sling or drive while wearing it.

Discomfort Management

Expect some pain for the first few weeks. Use an ice pack for 15 minutes as needed, especially during the first 2-3 days (consider icing 3 times daily).

Dressing Care

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

Bathing Instructions

Avoid soaking or submerging the shoulder in water for 1 week. Showering is permissible.

When to Contact Your Provider

If you experience increased redness, warmth, pain, fever, drainage from the wound, or other concerning symptoms. Contact Dr. Sujan Gogu's clinic for urgent issues, seek care at your local emergency room.