

Board Certified Sports Medicine

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ACHILLES TENDON ULTRASOUND GUIDED PERCUTANEOUS TENOTOMY

The ultrasound guided percutaneous tenotomy allows what was once major surgery to be performed quickly through a small incision. Although post-procedure care will be tailored to fit your individual needs, the following guidelines are designed to help you and your physical therapist after the procedure.

Progression is time and criterion-based, dependent on soft tissue healing, patient demographics and clinician evaluation. Contact my office at the number above if questions arise.

THINGS TO AVOID BEFORE AND AFTER YOUR PROCEDURE:

- Over-the-counter pain medicine like ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn) and acetaminophen (Tylenol): **Avoid 1 week before and 1 month after your procedure.**
- Alcohol: **Avoid 48 hours before your procedure. Do not consume alcohol while you are taking prescription pain medication.**
- **If you plan to have sedation you will need to fast – nothing to eat or drink 8 hours before your procedure. You will need a driver to take you home.**
- Tobacco & nicotine: Consider talking to your physician about stopping. These products impair your ability to heal and might reduce the beneficial effects of the procedure.

Make sure your medical team provides with you with following before or at your procedure:

- 1. Crutches. 2. A walking boot. 3. Peel away heel lift (you will wear this in your boot and shoe at all times and you will decrease the use of the heel lift as directed by your care team).
- Therapy appointment times if needed
- Follow up appointment with Dr. Jondy – approximately 2-6 weeks after your procedure.

Post-procedure Care:

Day of your procedure:

- Plan to have family member or friend drive you home after your procedure.
- Bring your crutches, scooter, or walking boot to your procedure (if one was ordered)
- Weight bearing: No weight bearing on treated leg: use crutches/scooter and boot to get around.
- Activity/Rehab: Protect ankle by resting and keeping it elevated to reduce swelling.

Days 2-7:

- Weight bearing: No weight bearing. Use your crutches/scooter and boot to get around.

Post procedure care cont'd: (Days 2-7)

Activity/Rehab: Elevate at least 3 times a day to control swelling. Begin gentle ankle range of motion exercises 3 times per day (plantarflexion, inversion & eversion only). Avoid stretching your tendon past neutral (no stretching in dorsiflexion).

Days 8-14:

- **Weight bearing:** Transition to partial weight-bearing using crutches and boot. If you were given a heel lift, wear it in your boot. Some discomfort is normal. The 'rule of thumb' is that the discomfort should calm down by the next morning. If you use a scooter, begin partial weight bearing by placing untreated leg on scooter and bearing some weight on the treated foot in your boot.
- **Activity/Rehab:** Continue ankle range of motion described above.

Progression 1:

- **Weight bearing:** Under the supervision of your therapist, begin weaning the boot. Continue partial weight bearing in your home using crutches only. Use crutches and boot for community distances.
- **Activity/Rehab:** Continue ankle range of motion and add gentle Achilles tendon stretching. Begin isometric ankle strengthening.

****Note:** that dorsiflexion is permitted for gentle stretching, but should be avoided for all subsequent strength exercises*

Manual therapy: May use soft tissue mobilizations around incision, avoiding direct pressure throughout progressions.

Progression 2:

- **Weight bearing:** Under the supervision of your therapist, begin walking normally in your home. Continue partial weight bearing using only crutches in the community.
- **Activity/Rehab:** Continue isometric strengthening. Begin non-impact aerobic exercise with a stationary bike without the boot. You can start swimming and pool exercise when the wound is healed.

Progression 3:

- **Weight bearing:** Under the direction of your therapist, walk normally in your home and in the community. Start with shorter community trips and increase as tolerated. Place peel-away heel lift in your shoe and gradually peel away layers as tolerated.
- **Activity/Rehab:** Progress ankle strengthening using resistance bands. Begin balance exercises like single-leg stance.

Progression 4:

- **Activity/Rehab:** Progress ankle strengthening with heavier resistance bands and continue balance exercises as described above. Once you are walking normally in your home and community, begin using an elliptical machine (no incline and low resistance at first) and increase walking pace for exercise.

Progression 5:

- **Activity/Rehab:** Gradually increase the intensity of the elliptical machine and walking as tolerated. Begin using a leg press, first for quadriceps strengthening and then progress to low resistance calf strengthening. Advance at the discretion of your care team.

Progression 6:

- **Activity/Rehab:** Increase the intensity of biking, swimming, walking and weight machines. Increase the resistance and incline on the elliptical machine.

Progression 7:

- **Activity/Rehab:** Once you are working hard at the activities above without pain, progress to higher impact activities (jogging, running, sprinting, jumping) as directed by your care team.

Discomfort:

Some pain after your procedure is expected for the first few weeks. Use an ice pack on the painful area for 15 minutes as needed: in the first 2-3 days consider icing 3 times daily. If you're concerned about your pain, please contact your care team.

Dressing:

If a dressing was placed on you, remove it after 24-48 hours. Replace with simple bandage.

Keep ACE wrap or compression sleeve on ankle for 2 days. It should be snug, but not tight. If you see swelling in your toes, the compression is too tight.

Sterile strip bandages can be removed when they begin peeling off or after 7 days. Keep bandages and procedure area clean and dry.

Bathing:

Do not soak or submerge the shoulder in water for 1 week. Showering is OK.

When to call your provider:

If you notice increasing redness, warmth, pain, fever, drainage from the wound or other problems that concern you. If provider unavailable, seek care at your local emergency room.