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ELBOW 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 the 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:

- A sling may or may not be ordered – check with staff.
- Therapy appointment times if needed
- Follow up appointment with Dr. Jondy – approximately 2-6 weeks after your procedure.

Post-Operative Elbow Care Timeline:

Day of your procedure:

- Plan to have a family member or friend drive you home after your procedure.
- Bring sling to your procedure (if sling was ordered)
- Activity restrictions. Rest today.
- Protect your elbow by resting and keeping it elevated to reduce swelling.

Days 2-3:

- Keep arm in sling
- Keep compression wrap on. It should be snug, but not tight.
- Come out of sling three times per day for gentle range of motion.

Post-Operative Care cont'd:

Days 4-7:

- Discontinue sling.
- Activity restrictions: You may lift up to 5 lbs. Begin use of elbow and hand for activities of daily living (like using it to groom, dress, eat, and drive short distances). No sustained gripping, like opening a jar.

Week 2:

- Activity Restrictions: You may lift up to 10 lbs.
- Rehab: Continue range of motion exercises. Perform wrist and elbow isotonic strengthening with dumbbell wrist extension and flexion (start with 2 lbs. and progress as tolerated) 1-2 times per day.

Week 3:

- Activity Restrictions: Progress as tolerated
- Rehab: Continue range of motion exercises. Perform wrist and elbow isotonic strengthening with dumbbell wrist extension and flexion (start with 2 lbs. and progress as tolerated) 1-2 times per day.

Week 4:

- Activity Restrictions: None
- Rehab: Increase intensity of isotonic strengthening under the supervision of your care team. Begin joint integrated strengthening like chest press, rows and hammer curls. Be sure to maintain a neutral wrist position with these exercises.

Week 5:

- Activity Restrictions: None
- Rehab: Continue to increase intensity of strengthening exercise and begin sport/activity training under the supervision of our care team.

Week 6:

- Activity Restrictions: None
- Rehab: You may resume high impact sports like golf and tennis under the supervision of care team.

Orthotics/Braces: You do NOT need to sleep in the sling. Do not drive while wearing the sling.

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.

Dressing: If a dressing was placed on you, remove it after 24-48 hours. Replace with simple bandage. Sterile strip bandages can be removed when they begin peeling off or after 7days. Keep bandages and procedure area clean and dry for 1 week after procedure until your doctor has seen you for a wound check.

Bathing: Do not soak or submerge the shoulder in water for 1 week. Showering is OK, but keep incision site covered for the first week.

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.

For therapists only: All strength work should be performed every other day, 2-3 sets of each exercise to fatigue without reactive pain. Manual work may begin 2 weeks after the procedure date.