

**Board Certified Sports Medicine**

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**ROTATOR CUFF 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.**
- **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.**
- Alcohol: **Avoid 48 hours before your procedure. Do not consume alcohol while you are taking prescription pain medication.**
- 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 for you – check with staff.
- 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 a family member drive you home after procedure.
- If you were given a sling, bring it to your procedure.
- Activity restrictions: No lifting today.
- Rehab: Protect your shoulder by resting it

Days 2-7:

- Activity restrictions: you may lift up to 1 pound. As you are comfortable, you may begin non-repetitive use of the elbow and hand (like use it to groom, dress, eat, and drive sort distances). You can stop wearing sling after 3-5 days as you are comfortable. No sustained gripping like opening a jar.
- Rehab: Start shoulder range of motion with pendulums and table slides as tolerated 3-5 times per day. Begin strengthening with scapular pinch.

### Progression 1:

- **Activity Restrictions:** You may lift up to 5 lbs.
- **Rehab:** Continue Range of motion with pendulum and table slides. Continue strengthening with scapular pinch. You may begin isometric strengthening of your rotator cuff.  
**Manual Therapy:** May use soft tissue mobilizations around incision, avoiding direct pressure throughout progressions.

### Progression 2:

- **Activity Restrictions:** Progress as tolerated
- **Rehab:** Continue range of motion exercises. Progress to isotonic scaption, internal and external rotation strengthening (start with 2 lb. dumbbell and progress as tolerated).

### Progression 3:

- **Activity Restrictions:** None
- **Rehab:** Increase intensity of isotonic strengthening under the supervision of our care team. Begin joint integrated strengthening liked chest press and rows.

### Progression 4:

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

### Progression 5:

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

### Orthotics/Braces:

If you were given a sling, you can wear it for the first 3-5 days for comfort. You should come out of the sling 3-5 times per day for range of motion exercises. 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 the procedure until our doctor sees 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.