



# ORTHOPEDICS & SPORTS MEDICINE

BAYCARE CLINIC®

**Dr. Woods**

## **Ultrasound Guided Percutaneous Elbow Tenotomy**

### **Phase 1- Early Protective Phase Week 1 (Days 1-7)**

#### **Goals for Phase 1**

- Minimize and reduce swelling
- Minimize and reduce pain
- Rest to minimize tendon irritation

#### **Criteria for Progression to Phase 2**

- Perform AROM with minimal pain or compensation

#### **Post-Procedure Care**

- Plan to have a family member or friend drive you home after your procedure.
- If you have a splint or brace, you may be instructed to wear it to reduce stress on your elbow. 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.

#### **Activity and Rehab**

- Day 1 activity restrictions: Rest today
- Day 2-7 Activity restrictions: You may lift up to 5 lbs. As you are comfortable, you may begin non-repetitive use of elbow and hand (like using it to groom, dress, eat and drive short distances). You can stop wearing the sling after 3-5 days as you are able. No sustained gripping like opening a jar.

#### **AROM**

- Initiate gentle wrist, elbow, and shoulder range of motion. Perform 3-5 times per day.

#### **Modalities**

- Ice may be used for 15-20 minutes at a time, 3 times/day.

#### **Manual Therapy**

- No STM with hands or IASTM until 8 weeks Post Op.



## Phase 2 – Intermediate Phase- Weeks 2-3

### Goals for Phase 2

- Minimize swelling and pain
- Restore full AROM
- Initiate gentle pain-free strengthening

### Activity Restrictions

- Week 2 (days 8-14): May lift up to 10 pounds.
- Week 3: Progress as tolerated.

### AROM/PROM

- Continue range of motion exercises.
- Progress to PROM, stretching as needed.

### Strengthening

- Week 2: Begin sub-maximal wrist and elbow isometric strengthening.
- Week 3: Progress to eccentric strengthening for wrist extensors beginning with 1-2 pound free weight with elbow flexed at 90 degrees 10 reps, 2x/day; progressively work toward eccentrics with elbow fully extended.
- Progress to wrist and elbow isotonic strengthening with dumbbell wrist extension and flexion (start with 2 pound dumbbell and progress as tolerated).
- Prone scapular strengthening.

### Criteria for Progression to Phase 3

- Full AROM with minimal pain

### Modalities

- Ice as needed.



## Phase 3- Progress Strengthening (Weeks 4-6)- Return to Function

### Goals for phase 3

- Full range of motion
- Functional strength
- Return to daily activities
- Return to sports and full duty work

### Activity Restrictions

- No restrictions in day to day activities.
- No high impact sports (like golf or tennis).
  - Return to high impact sports under supervision of care team at 12 weeks Post Op.

### AROM

- Continue range of motion exercises.

### Criteria for Return to Work, Function, Sport

- No pain
- Full ROM
- Strength 5/5
- If patient is looking to return to sports patient should complete return sport testing at Aurora BayCare Sports Medicine and meet the tested criteria with <10% side to side difference in all testing.

### Strengthening

- Weeks 4-5: 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 6: Continue to increase intensity of strengthening exercise and begin sport / activity specific training under the supervision of your care team.

### Other Considerations

- Patient should have a gradual return to activity plan – work with your Therapist and Doctor to develop this plan

Return to high impact activities is typically  $\geq 12$  weeks based on the recommendations of your care team and individual progression through rehabilitation



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The ultrasound guided percutaneous elbow tenotomy procedure 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.

## Things to Avoid Before and After Your Procedure

- Anti-inflammatory medicine like ibuprofen (Advil™, Motrin™) and naproxen (Aleve™, Naprosyn™): Avoid 1 week before and 2 weeks after your procedure, unless directed otherwise by your physician or health care provider.
- 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 or health care provider about stopping- These products impair your ability to heal and might reduce the beneficial effects of the procedure.
- Diet: There is no need to fast before the procedure. You may eat normal meals before your procedure and resume your regular diet when you feel able. A well-balanced diet will promote healing. If you are interested in more details, we can arrange a consultation with our dietician.

## Discomfort

Some pain after your procedure is expected for the first few weeks. In some cases, the pain is slightly worse during the first week or two following the procedure. This is a part of the natural inflammatory and healing response. During the first 3 days post-procedure, apply ice for 15-20 minutes 3 times daily. Thereafter, you may ice as desired or directed by your care team. In some circumstances your care team may prescribe pain medicine. If you are concerned about your pain, please contact your care team.

## Therapist-directed Soft Tissue Treatment

Soft tissue work with and without tools may begin 6 weeks after procedure.

## Dressing

- Remove dressing after 24-48 hours. Replace with simple bandage.
- Keep ACE wrap or compression sleeve on for 2 days. It should be snug, but not tight. If you see swelling in your fingers, 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/submerge the elbow in water for 1 week. Showering is OK.

## Follow-up Appointment

You will be scheduled for follow-up appointments approximately 2 weeks and 6 weeks after your procedure. In some circumstances, a care team member may follow-up with you over the telephone or electronically. If you have questions about your appointments, call office during normal clinic hours.

## When to Call your Provider

If you notice increasing redness, warmth, pain, fever, drainage from the wound or other problems that concern you, call office during normal clinic hours. Otherwise seek care at your local emergency room.