

Ultrasound Guided Percutaneous Tenotomy

What is Ultrasound Guided Percutaneous Tenotomy?

Ultrasound Guided Percutaneous Tenotomy is a minimally invasive procedure used to treat chronic tendon injuries that haven't improved with conservative treatments like physical therapy, medications, or injections. During the procedure, a specialized needle instrument is guided precisely into the damaged tendon using ultrasound guidance. This technique breaks up scarred and degenerated tendon tissue, which stimulates the body's natural healing response, promoting tissue repair and pain relief.

Tendon Conditions Treated with Percutaneous Tenotomy:

- Calcific tendinopathy / tendonitis
- Achilles tendinopathy
- Rotator cuff tendinopathy
- Plantar fasciitis
- Elbow tendinopathy (tennis / golfer's elbow)
- Patellar and quadriceps tendinopathy
- Hamstring tendinopathy
- Gluteal tendinopathy

What to expect during treatment?

Treatment is done in the clinic. After numbing the skin, a small needle is guided into the tendon to gently break up or remove damaged tissue. You may feel some pressure, but local anesthesia keeps discomfort minimal. The procedure usually takes 15 to 30 minutes.

Aftercare instructions:

After the procedure, rest is essential. For the first few days, avoid putting weight on or straining the treated area. You may need supportive devices like crutches, braces, or slings to protect the tendon. Gentle range-of-motion exercises can help prevent stiffness, but avoid movements that cause more than mild pain. Acetaminophen and heat can relieve discomfort, while NSAIDs and ice should be avoided.

As you progress over the next few weeks, gradually increase your activity. Begin with light, low-impact exercises and gentle strengthening, then slowly add resistance and balance training. It's best to avoid high-impact activities or heavy lifting for about 4-6 weeks or until pain improves significantly. After that, you can start more specific exercises related to your sport or daily routine.

When can you expect improvement?

Most patients begin to notice some pain relief and improved function within 2 to 4 weeks as the healing process gets underway. However, full benefits typically develop gradually over 3 to 6 months, allowing the tendon time to remodel and strengthen. Following your rehab program and avoiding activities that cause pain are important for achieving the best recovery.

Are there any side effects?

Common side effects include mild soreness, swelling, or redness around the treatment area, which usually improve within a few days. Some patients may experience temporary stiffness or bruising. Serious complications are rare but can include infection or nerve irritation.