



Ultrasound-guided Tenotomy/PRP Protocol: Elbow

Although post-procedure care will be tailored to fit your individual needs, following guidelines are designed to help you and your physical therapist after the procedure.

Time	Goals	Precautions/Restrictions	Treatment
Week 0 – 1	<ul style="list-style-type: none"> Protect affected site Reduce pain and swelling Safe use of sling- for 3 days 	<ul style="list-style-type: none"> No use of NSAIDs or ice for 4 weeks No driving in sling May lift up to 5 lbs 	<ul style="list-style-type: none"> Rest and elevation Begin gentle active ROM- 4 x a day on day 3 Begin BFR Training twice per week (optional)
Weeks 1 – 2	<ul style="list-style-type: none"> Reduce pain and swelling 	<ul style="list-style-type: none"> No use of NSAIDs or ice for 4 weeks May lift up to 10 lbs Avoid repetitive elbow and hand activities No sustained gripping like opening a jar 	<ul style="list-style-type: none"> Continue rest and elevation Regain full range of motion: perform 3-5 times per day Continue BFR Training twice per week
Weeks 2 – 4	<ul style="list-style-type: none"> No pain or swelling Full, active ROM 	<ul style="list-style-type: none"> No use of NSAIDs or ice for 4 weeks May lift up to 20lbs 	<ul style="list-style-type: none"> Continue active ROM as needed May begin isometric wrist and elbow strengthening Week 3: can add light weight to wrist flexion and extension (begin with 2 lbs)
Weeks 4 – 6	<ul style="list-style-type: none"> No pain or swelling Full, active ROM Increase strength and function 	<ul style="list-style-type: none"> Activities as tolerated 	<ul style="list-style-type: none"> Progress isotonic strengthening May begin integrated strengthening (i.e chest press, rows, and hammer curls) Begin eccentric training
Weeks 6 +	<ul style="list-style-type: none"> Full, active ankle ROM No pain with ADLs Increase strength and function 	<ul style="list-style-type: none"> Activities as tolerated 	<ul style="list-style-type: none"> Continue strengthening Begin sport specific activities Begin progressive loading exercises