



Ultrasound-guided Tenotomy/PRP Protocol: Elbow

TIME	GOALS	PRECAUTIONS/RESTRICTIONS	TREATMENT
Week 0 – 1	• Protect affected site • Reduce pain and swelling • Safe use of sling- for 3 days	• No use of NSAIDs or ice for 4 weeks • No driving in sling • May lift up to 5 lbs	• Rest and elevation • Begin gentle active ROM- 4 x a day on day 3 • Begin BFR Training twice per week (optional)
Weeks 1 – 2	• Reduce pain and swelling	• 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	• Continue rest and elevation • Regain full range of motion: perform 3-5 times per day • Continue BFR Training twice per week
Weeks 2 – 4	• No pain or swelling • Full, active ROM	• No use of NSAIDs or ice for 4 weeks • May lift up to 20lbs	• 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	• No pain or swelling • Full, active ROM • Increase strength and function	• Activities as tolerated	• Progress isotonic strengthening • May begin integrated strengthening (i.e chest press, rows, and hammer curls) • Begin eccentric training
Weeks 6 +	• Full, active ankle ROM • No pain with ADLs • Increase strength and function	• Activities as tolerated	• Continue strengthening • Begin sport specific activities • Begin progressive loading exercises

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.