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What to Expect After Your TENEX (percutaneous tenotomy) Procedure

Care of your incision:

- Ace wrap (if used) can be removed at any time. This was applied to help with swelling from that is injected for irrigation during the procedure.
- Keep the Tegaderm (adhesive bandage) on for 5-7 days. If it comes off before then, just keep the incision dry until the 5-7 days post-procedure.
- The Steri-strips can be removed once they naturally peel off. Do NOT pull them off before they start peeling.

Pain Control After Your Procedure:

- Avoid NSAIDs (i.e. ibuprofen, naproxen, Motrin, Advil, Aleve) and ice for 2 weeks after your procedure
- Tylenol is OK. It can be helpful to take 500-100mg three times daily for the first 1-2 weeks to minimize pain.

Restrictions After Your Procedure:

- General Rules:
 - Focus on gentle range of motion of the joint for the first 2-4 weeks after the procedure
 - If in a brace/sling after your procedure, come out of this multiple times a day to do gentle range of motion starting the 2nd day
 - Strengthening will really begin around 4 weeks after the procedure
- Upper Extremity (Shoulder, Elbow)
 - No lifting >5 pounds for 2 weeks, then 15 pounds for weeks 3-4
 - A sling can be worn for comfort for the few days if needed
- Lower Extremity- Hip
 - Weight bearing as tolerated. Crutches may be used for partial weight bearing for the first week if needed for comfort, but are usually not needed.
 - Avoid deep squatting, lunging, running, jumping for 4-6 weeks
- Lower Extremity- Knee
 - You will wear a knee immobilizer for ambulation for 2 weeks after the procedure
 - Because you will wear the immobilizer, crutches are usually not needed, but can be used for comfort if desired.
 - No deep squatting, lunging, running, jumping for 4-6 weeks after your procedure
- Lower Extremity- Foot/Ankle

- Partial weight bearing with crutches and walking boot for the 3-7 days after your procedure
- Weight bearing as tolerated with walking boot for 2 weeks after procedure
- No running or jumping for 4-6 weeks after procedure

Expectations For Recovery:

- You will likely have increased pain from the procedure for 2-4 weeks. This pain can typically be controlled with Tylenol.
- You should expect to relatively rest the tendon to allow healing for the first 4 weeks.
- You likely won't start experiencing much improvement until about 4-6 weeks.
- Tendon healing and strengthening will continue until 3-4 months.
- Physical or occupational therapy after your procedure, following the protocol provided to you, can help to progress range of motion and strengthening, in order to get you back to your goal activity.