



Surgical Management of Tenotomy: Procedures, Indications and Rehabilitation

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ARTICLE HISTORY

Received: 12-Sep-2023, Manuscript No. EJMACES-23-121807;

Editor assigned: 14-Sep-2023, PreQC No. EJMACES-23-121807 (PQ);

Reviewed: 28-Sep-2023, QC No. EJMACES-23-121807;

Revised: 05-Oct-2023, Manuscript No. EJMACES-23-121807 (R);

Published: 12-Oct-2023

Description

Tenotomy is a surgical procedure involving the incision or division of a tendon to address various medical conditions related to muscle and joint function. This procedure, performed by skilled orthopedic surgeons, is designed to correct deformities, improve range of motion, and alleviate symptoms associated with certain musculoskeletal disorders.

Tenotomy procedure

The tenotomy procedure involves the precise cutting or releasing of a tendon, which is the fibrous tissue that connects muscle to bone.

Preoperative assessment: Before undergoing a tenotomy, patients undergo a thorough assessment, including a physical examination, imaging studies, and a review of their medical history. This evaluation helps the surgeon determine the most appropriate approach and ensures that the procedure is tailored to the individual patient's needs.

Anesthesia: Tenotomy is often performed under local or general anesthesia, depending on the specific circumstances of the patient and the complexity of the procedure.

Incision: The surgeon makes a carefully planned incision at the site of the tendon that requires intervention. The location of the incision depends on the targeted tendon and the nature of the musculoskeletal issue being addressed.

Tendon release or division: Using precise surgical instruments, the surgeon releases or divides the tendon. This step is crucial for addressing conditions such as contractures, where the tendon has become shortened and limits joint movement.

Closure: Once the necessary modifications are made

to the tendon, the incision is closed with sutures. The wound is then dressed, and the patient is monitored as they recover from anesthesia.

Indications for tenotomy

Tenotomy is employed to treat a variety of musculoskeletal conditions, and its indications are diverse. Common scenarios where tenotomy may be recommended include:

Contractures: Tenotomy is often used to address contractures, where a tendon has become excessively tight, limiting joint movement. This condition can result from various factors, including congenital issues or prolonged immobility.

Tendonitis: Inflammation of a tendon, known as tendonitis, can lead to pain and reduced joint function. Tenotomy may be considered when conservative treatments, such as physical therapy and medication, prove insufficient.

Recurrent dislocations: Certain joint dislocations, particularly in the shoulder, may be recurrent due to issues with the supporting tendons. Tenotomy can be part of a surgical strategy to stabilize the joint and prevent further dislocations.

Clubfoot correction: Tenotomy is commonly performed as part of the corrective procedures for congenital conditions like clubfoot. The procedure helps address imbalances in the tendons and contributes to the proper alignment of the foot.

Rehabilitation after tenotomy

Rehabilitation following a tenotomy is a critical component of the overall treatment plan. The specific rehabilitation program varies depending on the individual patient, the extent of the procedure, and the underlying condition being addressed. Key aspects of

the rehabilitation process may include:

Postoperative care: Patients are typically provided with specific instructions for wound care and are advised on activities to avoid during the initial healing period.

Physical therapy: Physical therapy is often prescribed to aid in the recovery of joint function, muscle strength, and overall mobility. Therapeutic exercises are tailored to the individual's needs and gradually intensified as healing progresses.

Gradual resumption of activities: Depending on the nature of the tenotomy and the patient's overall health, a gradual resumption of normal activities is planned. This may involve a phased return to work, exercise, and daily routines.

Monitoring and follow-up: Regular follow-up appointments with the surgeon and rehabilitation team are essential to assess progress, address any concerns, and make necessary adjustments to the rehabilitation plan.

Tenotomy is a valuable surgical intervention that plays a crucial role in addressing various musculoskeletal conditions affecting tendons and joints. As with any surgical procedure, careful consideration of the patient's specific needs and a comprehensive rehabilitation plan are essential components of successful outcomes. Tenotomy, when performed with precision and followed by thoughtful rehabilitation, can significantly improve joint function, alleviate symptoms, and enhance the overall quality of life for individuals facing musculoskeletal challenges.