

Gastrocnemius/Plantar Fasciotomy

Precautions:

- All exercises and treatment should be pain-free and not increase symptoms
- Until phase III: No eversion/inversion stress of the midtarsal (specifically the calcaneocuboid joint)

Phase I (3-6 weeks post-op)

- Goals: Decrease pain, Control edema, Increase ROM, Address core/hip muscle imbalance, Address LE nerve restrictions, Improve tolerance to weightbearing
- Modalities: & soft tissue work PRN
- Joint mobilizations: PRN
- Gait: Progress to full weightbearing
- ROM: PROM & AROM plantarflexion & dorsiflexion
- Exercises:
 - At 5 weeks: Low load, high repetition total gym bilateral squat (or other unloading device)

Phase II (6-12 weeks post-op)

- Goals: Control edema & pain, Increase core/LE strength, Improve tolerance to closed chain activity such as SLS, Improve proprioception & stability of ankle, Address gait deviations
- Joint mobilizations: PRN
- ROM: AROM all ranges of motion against gravity
- Strengthening: continue as in phase I
 - Isometrics
 - Theraband strengthening into EVERSION ONLY
 - Stationary bike
 - Proprioceptive neuromuscular facilitation

Phase III (12-18 weeks post-op)

Initiation Date: 01/15/2026 Revised Date: N/A



- NO SINGLE LEG MEANUVERS
- Goals: Address core/LE muscle imbalance to prevent re-injury with return to sport/activity, Discharge to home or gym program
- Strengthening: advance as tolerated
 - Plyometrics
 - Trampoline
 - Box drills
 - Lateral shuffle
 - Return to sport activities
 - Pivoting
 - Cutting

Adapted From:

- 1) Consultation with Dr. Douglas Pacaccio, Podiatrist at OrthoIllinois

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