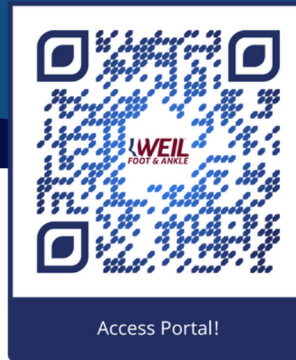


Gastrocnemius Recession with Plantar Fascial Release



General Information:

- This protocol provides you with general guidelines after surgery.
- Specific changes in the program will be made by your physician as appropriate for each individual patient.
- Everyone heals at a different rate. It may take up to 12 months to make a full recovery, and it is not unusual to have intermittent aches, pains, and swelling throughout the course of your rehabilitation process.

Instructions For Patients

- **0-2 weeks Postoperatively**
 - Strict non-weightbearing in a short leg splint.
- **2-4 weeks Postoperatively**
 - Weightbearing in CAM boot.
 - Remove the boot while sleeping.
 - Begin physical therapy.
- **4-8 weeks Postoperatively**
 - Transition to supportive athletic shoes and custom orthotics.
- **Exercise**
 - Non-weightbearing exercising at 2 weeks post-op.
 - Gentle transition into weightbearing exercising once transitioned into regular shoe gear.
 - Gentle running and higher impact activities at 12 weeks post-op.

Please note: *The complexity of gastrocnemius recession is variable from patient to patient. When gastrocnemius recession is accompanied by additional surgery, recovery may be quite prolonged with extended swelling. In the revision situation, this may be even further magnified. Please discuss individual recovery with your surgeon for realistic expectations.*



Dr. Jonathan Hook