

Postoperative Rehab: Gastrocnemius Recession

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0-2 Weeks

Weight bearing as tolerated in CAM boot.

PT:

- Move toes
- Knee straightening exercises
- Sit/lie with knee straight
- OK for active ankle/subtalar motion on postop day #4
 - May remove CAM boot for these
- OK to remove dressings on postop day #4
 - Leave steristrips in place
 - Keep incision covered with dressing
 - Do not get incision wet

2-6 Weeks

Transition into regular foot wear during daytime
Continue wearing CAM boot at night

PT:

- **Gentle** gastroc stretching with towel
- Lightweight theraband strengthening in all directions
- Sitting arch lifts
- Instruct patient on scar massage/transverse friction massage

6+ Weeks

Gait evaluation and training

PT:

- Stair-step stretch, runners stretch (if pt can keep foot in subtalar neutral)
- Stengthening (w/ theraband) in all directions
- Heel lifts, static balance, arch lifts, etc
- 8 weeks begin progressive conditioning, impact, plyometrics as tolerated