

Gastrocnemius Recession Protocol

Dr. Scott M. Holthusen

This protocol provides a general guideline for recovery and progression of rehabilitation according to specified time frames. Specific changes in the program will be made by the physician as appropriate for the individual patient. It may take up to a year to make full recovery, and it is not unusual to have intermittent pains and aches during that time.

*****Please fax initial assessment and subsequent progress notes directly to Dr. Holthusen at (952) 442-2029.**

PHASE 1: 0-2 WEEKS

Goals

- Weight bearing as tolerated in CAM boot
- Rest and recovery from surgery
- Control swelling and pain with elevation and activity modification
- Progress level of activity as symptoms improve

Guidelines

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

*2 week PA appointment

PHASE 2: 3-6 WEEKS

Goals

- Transition into regular footwear during daytime
- Continue wearing CAM boot at night
- Begin PT

Guidelines

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

*6 week MD appointment

PHASE 3: 7-12 WEEKS

Goals

- Continue PT
- Progress function and strength

Guidelines

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