



## Gastrocnemius Recession Protocol

**Dr. Scott M. Holthusen**

**Matt Lund, PA-C**

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 for active ankle/subtalar 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

- 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)
- Stengthening (w/ theraband) in all directions
- Heel lifts, static balance, arch lifts, etc

At 8 weeks begin progressive conditioning, impact, plyometrics as tolerated