

## Rehabilitation following Plantar fasciotomy/decompression/excision – Mr Limaye

Week	Mobility	Weight bearing	Rehabilitation	Goals
0-2	Normal Shoe/trainer  <b>*If had decompression for Tarsal Tunnel syndrome will have below knee back slab for first 2/52.</b>	PWB	Pain and oedema control. Prophylactic/circulatory exercises (SQ, SLR, Static Gluts, ROM Knee/Hip). Advice re: elevation. FROM Active range of movement Ankle, mid foot and 1 <sup>st</sup> MTPJ Commence gentle passive TA stretches.	Prevent post op complications Independent on crutches. Maintenance of other muscle groups. Education
6-12	<b>*If had decompression for Tarsal Tunnel syndrome will have below knee back slab for first 2/52.</b>	PWB progressing to FWB	FROM Active and passive range of movement Ankle, mid foot and 1 <sup>st</sup> MTPJ Commence TA stretches and early closed chain exercises, Squats, static lunge . Gait re-education. Early CV work – Bike (Unicam)	Independent Mobility. Maintenance of other muscle groups.
12 Weeks			Gait re-education. Single leg stand, progress proprioception, out of base of support. Step ups, lunges (static to dynamic). Heel raises (double leg) Increase CV work – Cross Trainer, Stepper.	Achieve full range of movement in all directions. Normal Gait pattern. Equal proprioception both sides Full strength Return to full mobility and occupation.