

## Plantar Fasciotomy (Topaz) Rehabilitation Protocol

PHASE	LENGTH OF TIME	RESTRICTIONS	REHABILITATION
<b>Phase Ia</b> Tissue protection	Days 0-3	<ul style="list-style-type: none"> <li>Use crutches with NO weight on foot</li> <li>Avoid NSAIDS</li> <li>Boot at all times</li> </ul>	<ul style="list-style-type: none"> <li>Relative rest</li> <li>Elevation if swollen</li> <li>May take pain medication as needed</li> </ul>
<b>Phase Ib</b> Tissue protection	Days 4-7	<ul style="list-style-type: none"> <li>May start putting weight on foot in boot using two crutches</li> <li>Boot at all times</li> </ul>	<ul style="list-style-type: none"> <li>Relative rest</li> <li>Remove the dressing and wash with soap and water daily</li> <li>Elevation and ice if painful/swollen</li> <li>May take pain medication as needed</li> </ul>
<b>Phase Ic</b> Tissue protection	Days 8-14	<ul style="list-style-type: none"> <li>May walk in boot with one crutch or no crutch as tolerated</li> <li>Boot at all times</li> </ul>	<ul style="list-style-type: none"> <li>Relative rest</li> <li>Elevation and ice if painful/swollen</li> <li>May take Tylenol or Advil as needed for pain</li> </ul>
<b>Phase II</b>  START PHYSICAL THERAPY  Early Tissue healing; facilitation of collagen deposition	Weeks 3-4	<ul style="list-style-type: none"> <li>May stop using crutches if tolerated and start the boot wean program but still sleep in the boot</li> <li>Avoid eccentric exercises</li> </ul>	<ul style="list-style-type: none"> <li>Progress weight bearing activities and start boot wean protocol</li> <li>Start low impact aerobic exercise (i.e. stationary bike)</li> <li>Provide motion to area treated with gentle stretching</li> <li>Begin treatment on kinetic chain starting with hip and knee and then progressing to the ankle and foot</li> <li>May take Advil as needed for pain</li> </ul>
	Weeks 5-6	<ul style="list-style-type: none"> <li>Patient should be done with crutches and boot at this time</li> <li>Avoid eccentric exercises</li> <li>Avoid walking in barefeet → Use Hoka shoes</li> </ul>	<ul style="list-style-type: none"> <li>Low weight, high repetition concentric strengthening ( pain scale &lt;3/10) with open kinetic chain exercises</li> <li>Gentle soft tissue work to area</li> <li>May take Advil as needed for pain</li> </ul>
<b>Phase III</b>  Collagen strengthening	Weeks 6- 12	<ul style="list-style-type: none"> <li>Avoid Ice</li> <li>Use heating pad if there is still pain</li> <li>Use Hoka shoes</li> </ul>	<ul style="list-style-type: none"> <li>May treat with CFM, IASTM, and “Dynamic” stretching</li> <li>Ankle and foot concentric and eccentric exercises as long as pain scale less than 3/10               <ul style="list-style-type: none"> <li>- 2-3 sets of 15 repetitions</li> </ul> </li> <li>Closed kinetic chain exercises</li> </ul>
	Months 3+	Reassess improvement . If not > 75 % improved consider cortisone injection or repeat procedure and return to Phase I.	<ul style="list-style-type: none"> <li>Progress back to functional sport specific activities with increasing load on area treated as pain allows.</li> <li>‘Max out’ on Eccentric Exercises</li> <li>May return to sport if pain &lt;3/10</li> </ul>