

## **Post-Op Partial Plantar Fasciectomy**

### **Phase 1 (0-4 weeks)**

- Cast and NWBing for 4 weeks
- Elevation for first 7-10 days at or above heart level
- Can do hip and knee exercises after first 7-10 days

### **Phase 2 (4-8 weeks)**

- Stretching to gastroec/soleus complex & plantar fascia
- Intrinsic strengthening
- Ankle strengthening

### **Phase 3 (8-12 weeks)**

- Balance/proprioceptive exercises
- Endurance activities
- Orthotic inserts with plantar fascia support