

Gastrocnemius Recession: Postoperative Protocols

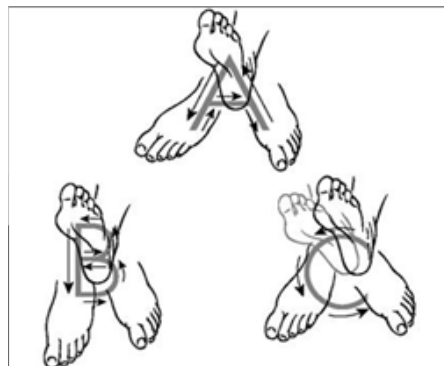
Week 0 - 2

- You will likely have a cramping sensation in the back of your calf
- Take pain medication as needed and limit your weight bearing
- Use crutches as needed
- Wear the boot FULL TIME except to come out to do stretching
- In the boot press your knee into the bed (ie fully extend your knee), do this every hour to stretch the calf
- When comfortable take the boot off to move your ankle and do the stretches outlined below

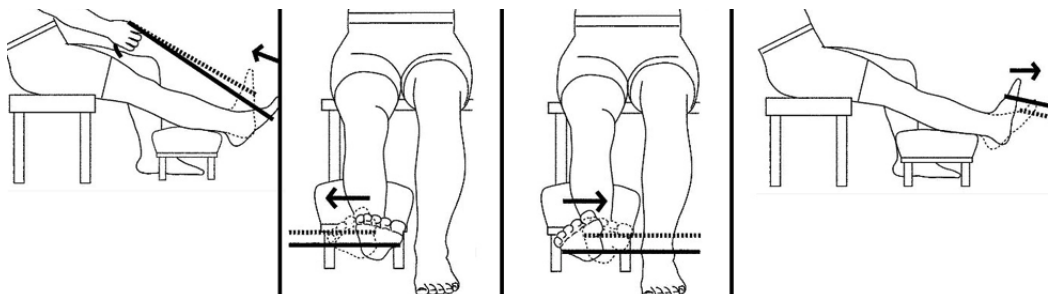
1. Ankle dorsiflexion (toes towards your nose) and ankle plantar flexion (toes towards the floor)



2. Drawing the alphabet with your bit toe



3. At day 5 add a towel around your foot for added stretch; make sure the towel is around your arch and NOT your toes



Week 2-6

- You can discontinue the boot during the day
- Wear the boot or a night splint at night to keep the muscle long while you sleep
- Continue the exercises outlined above
- Add a calf stretch on stairs by hanging your heel off the back of the stair

Week 6 - 10

- Start strengthening of the calf muscle
- Regular walks during the day will help with this
- Add calf raises on the ground and then progress to a stair

Week 10 - 20

- Return to sports and running
- People progress at variable rates it may take some time to regain your strength
- Physiotherapists can help you with strengthening

POSSIBLE COMPLICATION

Some people may experience irritation of a nerve that travels down the back of the leg. This may cause numbness and irritation over the lateral foot this typically resolves however infrequently can be permanent