

Ultrasound-guided Tenotomy/PRP Protocol: Plantar Fascia

Time	Goals	Precautions/Restrictions	Treatment
Week 1	<ul style="list-style-type: none"> Protect affected site Reduce pain and swelling Safe use of crutches/scooter and CAM walking boot 	<ul style="list-style-type: none"> No use of NSAIDs or ice for 4 weeks NWB with crutches in CAM boot Avoid stretching into dorsiflexion 	<ul style="list-style-type: none"> Rest / elevate above heart Begin gentle active ankle ROM Day 4: may begin isometrics (toe crunches)
Weeks 2	<ul style="list-style-type: none"> Reduce pain and swelling Restore active ROM Progress weight bearing as tolerated 	<ul style="list-style-type: none"> No use of NSAIDs or ice for 4 weeks PWB with crutches in CAM boot (pain limited) 	<ul style="list-style-type: none"> Continue gentle active ankle ROM Begin core strengthening Initiate lower limb NWB strengthening Upper Body Aerobic and Strength Exercises Blood Flow Restriction (optional)
Weeks 2 – 4	<ul style="list-style-type: none"> No pain or swelling Full, active ROM Continue weight bearing progression Restore normal joint mechanics Increase tendon tolerance to daily activities 	<ul style="list-style-type: none"> No use of NSAIDs or ice for 4 weeks Week 3: WBAT in CAM walking boot, use crutches as needed. 	<ul style="list-style-type: none"> Continue active ROM as needed Joint mobilizations as needed Initiate gentle ankle dorsiflexion stretching Begin isometric ankle strengthening Core strengthening Lower limb strengthening PWB à WBAT Begin non-impact aerobic exercise (stationary bike) Optional modalities if available / as indicated: <ul style="list-style-type: none"> BFR therapy Anti-gravity treadmill for walking gait Pool once incision is healed and cleared by physician
Weeks 4 – 6	<ul style="list-style-type: none"> Normalize, independent walking gait Begin functional activities and more progressive strength exercises 	<ul style="list-style-type: none"> Avoid pain >4/10 during exercise or prolonged walking 	<ul style="list-style-type: none"> Progressive strengthening Gait training progressing to independent Begin functional strengthening Balance/proprioception Core strengthening Aerobic training:
Weeks 7-12	<ul style="list-style-type: none"> No pain with ADLs Return to sport exercises 	<ul style="list-style-type: none"> Avoid pain >4/10 during exercise or prolonged walking 	<ul style="list-style-type: none"> Increase loading capacity for lower limb strengthening exercises Continue balance/proprioceptive training Core strengthening Begin double and single limb strengthening on leg press <ul style="list-style-type: none"> Multi- to single joint (press à heel raise)