



Ultrasound-guided Tenotomy/PRP Protocol: Plantar Fascia

TIME	GOALS	PRECAUTIONS/RESTRICTIONS	TREATMENT
Week 1	- Protect affected site - Reduce pain and swelling - Safe use of crutches/scooter and CAM walking boot	- No use of NSAIDs or ice for 4 weeks - NWB with crutches in CAM boot - Avoid stretching into dorsiflexion	- Rest / elevate above heart - Begin gentle active ankle ROM - Day 4: may begin isometrics (toe crunches)
Weeks 2	- Reduce pain and swelling - Restore active ROM - Progress weight bearing as tolerated	- No use of NSAIDs or ice for 4 weeks - PWB with crutches in CAM boot (pain limited)	- 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	- No pain or swelling - Full, active ROM - Continue weight bearing progression - Restore normal joint mechanics - Increase tendon tolerance to daily activities	- No use of NSAIDs or ice for 4 weeks - Week 3: WBAT in CAM walking boot, use crutches as needed.	- Continue active ROM as needed - Joint mobilizations as needed - Initiate gentle ankle dorsiflexion stretching - Begin isometric ankle strengthening - Core strengthening - Lower limb strengthening PWB Ø>Üj WBAT - Begin non-impact aerobic exercise (stationary bike) - Optional modalities if available / as indicated: BFR therapy Anti-gravity treadmill for walking gaitPool once incision is healed and cleared by physician - BFR therapy - Anti-gravity treadmill for walking gait - Pool once incision is healed and cleared by physician
Weeks 4 – 6	- Normalize, independent walking gait - Begin functional activities and more progressive strength exercises	Avoid pain >4/10 during exercise or prolonged walking	- Progressive strengthening - Gait training progressing to independent - Begin functional strengthening - Balance/proprioception - Core strengthening - Aerobic training:
Weeks 7-12	- No pain with ADLs - Return to sport exercises	Avoid pain >4/10 during exercise or prolonged walking	- Increase loading capacity for lower limb strengthening exercises - Continue balance/proprioceptive training - Core strengthening - Begin double and single limb strengthening on leg pressMulti- to single joint (press Ø>Üj heel raise) - Multi- to single joint (press Ø>Üj heel raise)