



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)