

PLANTAR FASCIA ULTRASOUND GUIDED PERCUTANEOUS FASCIOTOMY/PRP INJECTION CLINICAL PRACTICE GUIDELINE

Ultrasound-guided percutaneous tenotomy now allows for a minimally invasive approach that replaces traditional major surgery with a quick procedure through a small incision. Post-procedure care will be personalized to suit your specific needs. The following guidelines are intended to assist you and your physical therapist during your recovery:

- Progression is time and criterion-based, depending on soft tissue healing, patient demographics, and clinician evaluation.
- For questions, contact Dr. Sujan Gogu's clinic.

Things to Avoid Before and After Your Procedure

1

Over-the-counter Pain Medications: Avoid medications such as ibuprofen (Advil™, Motrin™), naproxen (Aleve™, Naprosyn™), and acetaminophen (Tylenol™) for one week before and one month after your procedure. These medications may affect healing.

2

Alcohol: Refrain from consuming alcohol 48 hours before your procedure. Do not drink alcohol while taking prescription pain medication.

3

Tobacco & Nicotine: Consider discussing cessation options with your physician. These substances can impair healing and hinder your recovery process.

4

Diet: There is no need to fast before the procedure. Eat regular meals before your procedure and resume your normal diet as you feel comfortable

Before Your Procedure

Ensure your medical team provides you with the following items before or at your procedure:

1. Crutches
2. Therapy appointment times
3. Walking Boots
4. Follow-up times (approximately **2 weeks and 6 weeks** after your procedure)

Post-procedure Care (Days 1-3)

- **Do not drive:** Arrange for a family member or friend to drive you home after your procedure.
- **Weight-bearing:** Use crutches for toe-touch weight bearing.
- **Activity & Rehab:** Rest to minimize tendon irritation.
- Bring your crutches with you if they were provided.

Rehabilitation Timeline	Activities and Instructions
Week 1: Day 1 (day of procedure)	<ul style="list-style-type: none"> • No weight bearing on treated foot. • Use crutches/scooter and boot for mobility. • Keep foot elevated to reduce swelling.
Week 1: Days 2-3	<ul style="list-style-type: none"> • Begin light partial weight bearing. • Use crutches/scooter and boot for support. • Elevate foot regularly to control swelling. • Start gentle ankle exercises 3 times daily.
Week 1: Days 4-7	<ul style="list-style-type: none"> • Discontinue crutches; walk with boot. • Gradually increase weight bearing. • Continue ankle exercises and begin strengthening exercises. • Use scooter with untreated leg for partial weight bearing if needed.
Week 2	<ul style="list-style-type: none"> • Walk without boot; progress to community walking.

Rehabilitation Timeline	Activities and Instructions
	<ul style="list-style-type: none"> • Continue ankle exercises and add isotonic strengthening. • Start non-impact aerobic exercise (stationary bike).
Week 3-4	<ul style="list-style-type: none"> • Advance strengthening exercises with resistance. • Add balance exercises like single-leg stance. • Continue ankle exercises.
Week 5	<ul style="list-style-type: none"> • Begin elliptical training with low resistance. • Increase walking pace. • Advance lower body strengthening under guidance. • Consider swimming when wound is healed.
Week 6	<ul style="list-style-type: none"> • Increase intensity of biking, elliptical, and resistance exercises. • Progress to higher impact activities (jogging, running) as guided. • Use anti-gravity treadmill for running if recommended.

1

Orthotics/Braces: You do not need to wear the boot while sleeping, and avoid driving with it on. If you use an orthosis, continue to wear it inside your boot or shoe as usual.

2

Discomfort: It's common to experience some discomfort in the first few weeks following your procedure. Apply an ice pack to the affected area for up to 15 minutes as needed. During the initial 2-3 days, consider icing the area up to three times daily. If you have any concerns about your pain, please reach out to your healthcare team for guidance.

3

Bandage: If a bandage or dressing was applied, remove it 24-48 hours after your procedure. Replace it with a simple bandage. Sterile strip bandages can be removed once they begin to peel off or after 7 days. Keep the area around the procedure site clean and dry until your follow-up appointment with your doctor.

4

Bathing: Avoid soaking or submerging your foot in water for at least 1 week following the procedure. It's acceptable to shower, but ensure the incision site remains covered during the first week.

5

When to Contact Your Provider: Contact your provider if you notice increasing redness, warmth, pain, fever, drainage from the wound, or any other concerning issues. For emergencies outside of clinic hours, seek care at your local emergency room.

6

For Therapists Only: Strength exercises should be performed every other day, with 2-3 sets of each exercise to the point of fatigue without causing reactive pain. Manual therapy can commence starting 2 weeks after the procedure date.