



[Mohammad Jondy, M.D.](#)

Board Certified Sports Medicine

170 W. Genesee St. Frankenmuth, MI 48734
Phone: (989)652-7344 Fax: (989)652-7355

4272 W. Vienna Rd. Clio, MI 48420
Phone: (810)547-1681 Fax: (810)547-1390

PLANTAR FASCIA ULTRASOUND GUIDED PERCUTANEOUS FASCIOTOMY

The ultrasound guided percutaneous tenotomy allows what was once major surgery to be performed quickly through a small incision. Although post-procedure care will be tailored to fit your individual needs, the following guidelines are designed to help you and your physical therapist after the procedure.

Progression is time and criterion-based, dependent on soft tissue healing, patient demographics and clinician evaluation. Contact my office at the number above if questions arise.

THINGS TO AVOID BEFORE AND AFTER YOUR PROCEDURE:

- Over-the-counter pain medicine like ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn) and acetaminophen (Tylenol): **Avoid 1 week before and 1 month after your procedure.**
- Alcohol: **Avoid 48 hours before your procedure. Do not consume alcohol while you are taking prescription pain medication.**
- **If you plan to have sedation you will need to fast – nothing to eat or drink 8 hours before the procedure. You will need a driver to take you home.**
- Tobacco & nicotine: Consider talking to your physician about stopping. These products impair your ability to heal and might reduce the beneficial effects of the procedure.

Make sure your medical team provides with you with following before or at your procedure:

- A walking boot or crutches may or may not be ordered for you – check with care team.
- Therapy appointment times if needed.
- Follow up appointment with Dr. Jondy – approximately 2-6 weeks after your procedure.

Post-procedure Care:

Day of your procedure:

- Plan to have family member or friend drive you home after your procedure.
- Bring your crutches, scooter, or walking boot to your procedure (if one was ordered).
- Weight bearing: No weight bearing on treated foot: use crutches/scooter and boot to get around.
- Activity/Rehab: Protect your foot by resting and keeping it elevated to reduce swelling.

Days 2-3:

- Weight bearing: Begin light partial weight bearing, placing your foot on the ground for balance, use crutches/scooter and boot to get around.
- Activity/Rehab: Elevate at least 3 times a day to control swelling. Begin gentle ankle range of motion exercise 3 times per day.

Post procedure care cont'd:

Days 4-7:

- Weight bearing: Discontinue crutches. Begin walking using the boot only.
- If using a scooter, begin partial weight bearing by placing untreated leg on scooter and bearing some weight on treated foot in your boot.
- Activity/Rehab: Continue ankle range of motion. Perform isometric and ankle strengthening and toe crunches 1-2 times per day.

Week 2:

- Weight bearing: Discontinue use of the boot/scooter. Begin walking normally in your home and then in community as you are stable.
- Activity/Rehab: Continue ankle range of motion 3 times per day. Perform isometric ankle strengthening, toe crunches, and foot intrinsic strengthening 1-2 times per day. Begin non-impact aerobic exercise with a stationary bike without the boot. You can start gentle swimming and pool exercises when wound is healed.

Weeks 3 and 4:

- Activity/Rehab: Advance strengthening by adding more resistance. Continue ankle range of motion. Begin balance exercises like single-leg stance.

Week 5:

- Activity/Rehab: Begin using an elliptical machine (begin with no incline and low resistance) and increase walking pace for exercise. Advance lower body strengthening as tolerated at discretion of care team.

Week 6:

- Activity/Rehab: Increase the intensity of biking, swimming, elliptical, fast walking, and resistance exercises. Once you are working hard at these without pain, progress to higher impact activities (like jogging, running, sprinting, and jumping) as directed by care team. For running, consider using an anti-gravity treadmill to start.

Orthotics/Braces:

You do NOT need to sleep in the boot. Do not drive while wearing the boot. If you have an orthosis, wear this in your boot/shoe as you normally would.

Discomfort:

Some pain after your procedure is expected for the first few weeks. Use an ice pack on the painful area for 15 minutes as needed: in the first 2-3 days consider icing 3 times daily.

Dressing:

If a dressing was placed on you, remove it after 24-48 hours. Replace with simple bandage. Sterile strip bandages can be removed when they begin peeling off or after 7 days. Keep bandages and procedure area clean and dry.

Bathing:

Do not soak or submerge the shoulder in water for 1 week. Showering is OK.

When to call your provider:

If you notice increasing redness, warmth, pain, fever, drainage from the wound or other problems that concern you. If provider unavailable, seek care at your local emergency room.

For Therapists Only:

All strength work should be performed every other day, 2-3 sets of each exercise to fatigue without reactive pain. Manual work may begin 2 weeks after the procedure date.