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GANGLION CYST EXCISION | NEUROMA EXCISION | CHEILECTOMY PLANTAR FASCIA RELEASE

REHABILITATION PROTOCOL

REHABILITATION PROGRESSION

The following is a general guideline. Please consult Dr. Syal/Dr. Soswa if there is any uncertainty concerning advancement of a patient to the next phase of rehabilitation. Rehabilitation should be individualized according to patient status.

PRECAUTIONS

- Early ROM to prevent stiffness and scar tissue formation

PHASE I (WEEK 0-2)

- VenaPro and Iceman machine for pain control, healing and circulation
- Early ROM exercises
- Pain medications as required

PHASE 2 (WEEKS 3-6)

- VenaPro and Iceman machine for pain control, healing and circulation
- Weight bearing as tolerated
- Physiotherapy as required for ROM and strengthening

PHASE 3 (WEEKS 7-FULL RECOVERY)

- Gradual return to activities as tolerated