

Plantar Fascia Rehab after Regenexx procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Minimal Protection, ROM Week 0-2	A post op shoe or boot may be recommended by MD for 2 weeks. Night splint pending MD recs.	Slow, gentle passive and active ROM exercise focus on dorsiflexion 2x daily Hamstring and calf stretching. Core stabilization/focus on transverse abdominals and multifidus strengthening. Start working on pelvic and hip alignment.	Boot discontinued Able to weight bear with no more than 2/10 pain.
Phase II: Initial Resistance training Week 2-6	Avoid any activity that causes more than mild 2/10 pain during or after the activity.	If access to a pool; Deep Water emersion exercises: Walking or jogging in pool (chest depth) 30-45min 3-5x/wk x 2 months. Can use aqua jogger. Stationary bike no resistance	Able to perform exercises with no more than 2/10 pain and
Phase III: Moderate Resistance Strengthening / Week 6-12	Avoid any activity that causes more than mild 2/10 pain during or after the activity. No high impact activity	Resistance exercises. Start easy, light weight, progress slowly. Progress to walking for exercise Balance and proprioception training.	Able to perform exercises with no pain x 1 week. Return to phase II if more than 2/10 pain with most exercises or activities.
Phase IV: Advanced resistance and strength training Return to Sport/Activity Week 12 - 24	No strict restrictions.	Slow progression to higher impact activity. Advanced PNF, advanced strengthening and activity specific activities, hills, running. Gradual return to full Functional activity. Continue to work on strength, flexibility, correcting poor biomechanics, asymmetry, and postural restoration.	Return to phase III if more than 2/10 pain with most exercises or activities.