

Tarsal Tunnel and Plantar Fascia Release Physical Therapy Protocol

	WEIGHT BEARING	ORTHOTIC DEVICES	RANGE OF MOTION	GOALS	EXERCISES
0-2 weeks	NWB	SLS	None	Decrease pain and swelling	N/A
2-4 weeks	NWB	SLC	none	Decrease pain and swelling	Core and UE exercises
4-6 weeks	PWB	CAM boot	AROM	AROM desensitization	Core and UE exercises AROM (plantarflexion and dorsiflexion only)
6-10 weeks	WBAT	Normal shoe + compression socks	AROM Slow on inversion No eversion	Desensitization Normalize gait	Achilles stretching Theraband dorsiflexion/plantarflexion Balance training Close chain strengthening Stationary bicycling
10-12 weeks	WBAT	ASO brace	AROM Begin eversion	Independent ADLs	Dynamic balance and proprioceptive training Retro walking Stationary bicycle Stairmaster elliptical
12+ weeks	WBAT	Wean from ASO brace	Full ROM May begin inversion	Return to sport	Nonathlete- discharge Athlete- sports-specific training