



proaxistherapy™

Patient Flow Sheet

Name _____

Date _____

Physician _____

Gastrocnemius Slide Protocol

Day 1-10 Post op-

Pt in Splint or Walking Boot NWB with Crutches
No Rehab for first 10 Days

Day 11- 4 Weeks-

Pt in Walking Boot WBAT
Begin Gentle AROM of Ankle 1x/Day

Weeks 5 & 6-

Begin Gentle PROM of Ankle
Gentle Gastroc. And Soleus Stretching

Weeks 7 & 8-

Begin Strengthening as Pt tolerates and is able
Proprioceptive Exercises
Bike
Balance Exercises

4 - 6 Months-

Begin Running Progression