



Gastrocnemius Contractures Patient Education

What are Gastrocnemius Contractures?

An inability to achieve normal ankle range of motion is termed ankle equinus. The gastrocnemius and soleus muscles attach to the calcaneus. Contraction of these muscles moves the foot into plantar flexion. This is movement of the ankle joint or toes that point the foot downwards away from the leg. Gastroc recession is performed to correct an isolated gastrocnemius equinus contracture of the ankle that may accompany foot and ankle pathology in the adult. Equinus deformity which is the upward bending of the ankle when the joint is limited, may lead to excessive strain throughout the foot, thus causing pain.

What are the treatment options?

Non-surgical treatment like stretching of the calf muscle helps. However some patients do not respond and surgical treatment may be proposed. Two types of surgical treatment are available Open and Endoscopic release. As with any surgical treatment there can be complications. Please consult your physician.

