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SIMILARName of Journal: *World Journal of Orthopedics*

ESPS Manuscript NO: 28847

Manuscript Type: ORIGINAL ARTICLE

Retrospective Cohort Study

Return to physical activity after gastrocnemius recession

Camelia Qian Ying Tang, Sean Wei Hong Lai, Bing Howe Lee, Gowreeson
Thevendran**KEYWORDS**Endoscopic Gastrocnemius Release; Time Return to Work; Return to Physical
Activity; Post-Operative Outcomes; Foot and Ankle**Core Tip**Whilst the biomechanical advantage of surgical off-loading from
gastrocnemius recession is well proven, the potential for weak push-off**Match Overview**

1	CrossCheck 188 words Thevendran, Gowreeson, Lee Bing Howe, Kannan Kallyaperumal, and Christopher Fang. "Endoscopic gastrocnemius recession for chronic Achilles tendinopathy." <i>World Journal of Orthopedics</i> , 2016.	6%
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2015年4月20日 - A Closer Look At The **Gastroc Recession** For Plantar Fasciitis ... as posterior muscle group stretches, specific plantar fascia stretches, **physical** therapy and night splints. ... **After** that, the patient will gradually **resume activities**.

Gastroc Recession - what is it like and how are you after recovery

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2016年5月20日 - Concerned about **gastrocnemius recession** recovery? ... either letting it heal or surgically sewing it back together **after** partially cutting its tendon. ... Just because you have failed **physical** therapy, massage, or acupuncture ... so tearing the calf-muscle tendon during normal **activities** or in a trauma may occur.

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