



Procedures To Lengthen The Gastrocnemius-Soleus Complex

Sillferskiold - proximal gastrocnemius tenotomy

Baumann - gastrocnemius recession at the deep interval between the gastroc and soleus muscle bellies

Strayer - distal gastrocnemius tenotomy just proximal to the gastroc-soleus complex

Volpius - Gastroc-soleus recession (chevron shaped) - differs from Strayer as the Strayer doesn't lengthen the soleus muscle but the Volpius does

Baker - tongue-shaped incision on the gastroc-soleus tendon

Hoke - percutaneous triple hemisection of the Achilles tendon

