

Post-Operative Rehabilitation Protocol: Fasciotomy for Chronic Exertional Compartment Syndrome

Patient Name: _____

Date: _____

Days 1-14:

- Crutches and PWB x 2 weeks
- AROM hip and knee
- Wiggle toes, gentle ankle AROM DF/PF as tolerated
- Straight leg raises (SLR) x 4
- Upper body exercises (seated or bench only – no pushups)
- LE stretches – hamstring, quads, ITB, hip flexors
- Ice and elevation

Goals:

- Pain management
- Prevent swelling

Weeks 2-4:

- Progress to WBAT (d/c crutches)
- Continue appropriate previous exercises
- Calf pumping, alphabet, rotations
- Gentle DF stretch w/ towel
- Light Theraband exercises x 4
- Towel crunches and side-to-side
- Seated BAPS
- Stationary bike (no resistance)
- Leg press < 25% body weight and pain-free
- Calf press < 25% body weight and pain-free
- Ice as needed
- Compression stocking if persistent swelling

Goals:

- DF/PF
- AROM WNL

Weeks 4-6:

- WBAT
- Continue appropriate previous exercises
- Scar massage (if incision well healed)
- Theraband exercises x 4 – gradually increase resistance
- Steamboats (Theraband x 4 while standing on involved LE)
- Mini-squats, wall squats, total gym
- Double leg heel raises – progress to single leg heel raises
- Double to single leg BAPS, ball toss, and body blade
- Treadmill – walking forwards and backwards
- Elliptical trainer
- Pool therapy – chest or shoulder deep water running (optional)

Goals:

- 10 single leg heel raises
- Normal walking gait x 1 mile

Weeks 6-12:

- Continue appropriate previous exercises
- Progressive strengthening program
 - Leg press and hip weight machine
 - Knee extension and HS curl weight machine
 - Fitter, slide board
 - Push-up progression
 - Sit-up progression
- Progressive low-impact cardio program
 - Treadmill – walking progression program
 - Stairmaster
 - Pool therapy - unrestricted

Goals:

- 45 min low-impact cardio 5/week
- Strength via weight machines 90% of non-involved

- Walk 2 miles at 15min/mile pace with minimum symptoms

Weeks 12-16:

- Continue appropriate previous exercises
- Running progression program when following criteria met:
 - 3 x 20 heel raises with LE strength 90% of uninvolved
 - Pain-free 2 mile walk at 15min/mile pace
 - No post-exercise swelling
- Agility drills/plyometrics
- Transition to home/gym program 2x per week

Goals:

- Run 1 mile at 12min/mile pace with min symptoms at 3 months
- Pass APFT at 4 months post-op

Comments:

Signature: _____

Date: _____