

University Orthopedics, Inc.

## FASCIOTOMY FOR CHRONIC COMPARTMENT SYNDROME

This protocol was developed for patients who have had lower leg compartment releases. Please note this protocol is a guideline. Patients with additional surgery will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration.

### **PHASE I: 1-14 Days Postoperative**

#### GOALS:

- Pain management
- Prevent swelling

#### AMBULATION AND BRACE USE:

Crutches – protected/partial weightbearing (PWB) x 4wks

#### EXERCISES:

AROM hip and knee  
Wiggle toes, gentle ankle AROM DF/PF as tolerated  
Straight legraise (SLR) x 4  
Upper body exercises (seated or bench only – no pushups)  
LE stretches – Hamstring, quads, ITB, Hip flexors  
Ice and Elevation  
TED hose

### **PHASE II: ~2-4 Weeks Postoperative**

#### GOALS:

- DF/PF AROM WNL

#### AMBULATION AND BRACE USE:

Crutches – PRN

#### EXERCISES:

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

### **PHASE III: ~4-6 Weeks Postoperative**

#### GOALS:

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

#### AMBULATION AND BRACE USE:

Crutches- WBAT (d/c when gait WNL)

#### EXERCISES:

Continue appropriate previous exercises  
Scar massage (if incision well healed)  
Theraband ex 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

### **PHASE IV: ~4-6 Weeks Postoperative**

#### GOALS:

- 45 minutes low impact cardio 5x per week
- Strength via weight machines 90% of non involved
- Walk 2 miles at 15 min/mile pace with min symptoms

#### EXERCISES:

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

**PHASE IV: ~12-16 Weeks Postoperative**

GOALS:

- Run 1 mile at 12 min/mile pace with min symptoms at 3 months

EXERCISES:

Continue appropriate previous exercises

Running progression program when following criteria met

-3 x 20 heel raises and LE strength 90% of contra-lateral

-painfree 2 mile walk at 15min/mile pace

-no post exercise swelling

Agility drills / Plyometrics

Transition to home / gym program

\*\*This protocol is designed to be administered by a licensed physical therapist and/or certified athletic trainer. Please do not hesitate to contact our office should you have any questions concerning the rehabilitation process.