

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.