

Fasciotomy for Chronic Exertional Compartment Syndrome

Days 1-14:

Goals: Pain Management and Prevent Swelling

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

Weeks 2-4:

Goals: DF/PF and AROM WNL

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

Weeks 4-6:

Goals: 10 single leg heel raises / Normal walking gait x 1 mile

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

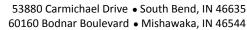
Double leg heel raises – progress to single leg heel raises

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)



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Weeks 6-12:

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

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

Weeks 12-16:

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

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