



## 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



# Hospital for Joint Diseases

NYU LANGONE MEDICAL CENTER

**Laith M. Jazrawi, M.D.**

Chief, Division of Sports Medicine

Associate Professor of Orthopaedic Surgery

Tel: (646) 501-7223 option 4, option 2

Fax: (646) 501-7234

Web: [newyorkortho.com](http://newyorkortho.com)

[orthosurgery.med.nyu.edu/sports-medicine](http://orthosurgery.med.nyu.edu/sports-medicine)

## **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:** \_\_\_\_\_