



## FASCIOTOMY FOR CHRONIC COMPARTMENT SYNDROME

### Post-op Days 1 – 14

- Crutches – non weight bearing (NWB) x 4wks
- 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

#### Goals

- Pain management
- Prevent swelling

### Week 2- 4

- Crutches – NWB x 4wks
- 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

#### Goals

- DF/PF AROM WNL

### Weeks 4 – 6

- Crutches- WBAT (d/c when gait WNL)
- 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 (optional)



**Goals**

- 10 single leg heel raises
- Normal walking gait on level surfaces 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 machines
  - Fitter, slide board
  - Push-up progression
  - Sit-up progression
- Progressive low impact cardio program
  - Treadmill – Walking progression program
  - Stairmaster
  - Pool therapy – Unrestricted

**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

**Weeks 12-16**

- 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

**Goals**

- Run 1 mile at 12 min/mile pace with min symptoms at 3 months
- Return to sports activity as tolerated