

## **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)

**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 uninjured
- Pain-free 2 mile walk at 15min/mile pace
- No post-exercise swelling

Agility drills/plyometrics

Transition to home/gym program 2x per week