

Robert Kollmorgen DO

**FASCIOTOMY FOR CHRONIC COMPARTMENT SYNDROME***February 2017***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)

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### **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 at 4 months post-op