



Mercy Sports Medicine Institute &
Joint Preservation Center

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FASCIOTOMY FOR CHRONIC COMPARTMENT SYNDROME

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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 at 4 months post-op