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Fasciotomy for Chronic Exertional Compartment Syndrome

Post-operative Rehabilitation Protocol

Phase I: REST Weeks 0-2

Goals:

- Rest, recovery, pain management, and control swelling
- Partial weight-bearing with CAM boot and crutches

PT Guidelines

- Elevate limb as much as possible, cold therapy
- May remove boot when not ambulating
- AROM of hip and knee
- Move toes and perform gentle ankle AROM as tolerated
- Lower extremity stretches, including hamstrings, quads, ITB

Phase II: EASY WALKING Weeks 2-4

Goals:

- Confidently weight bearing as pain allows using crutches
- Maintain core, upper limb, hip and knee strength
- Control swelling
- Wean CAM boot and crutches

PT Guidelines:



- Progress to WBAT and slowly wean CAM boot and crutches as tolerated
- Calf pumps, and active dorsiflexion/plantarflexion
- DF stretching
- Stationary bike with no resistance
- Gentle leg and calf press that is pain-free
- Cold Therapy for swelling
- Consider compression stocking for persistent swelling

Phase III: WALKING weeks 4-6

Goals:

- Normal walking/gait for 1 mile
- 10 single leg heel raises
- Swelling control

PT Guidelines

- WBAT
- Consider scar massage
- Theraband exercises, mini-squats, wall-squats
- Double leg heel raises and progress to single leg heel raises
- Treadmill walking, forward and backwards
- Elliptical
- Gait re-education

Phase IV: EASY ACTIVE weeks 6-12

Goals:

- Low impact cardio
- Increase strength to at least 90% of contralateral side

PT Guidelines



- Strengthening
 - Continue active resisted theraband exercises
 - Active plantarflexion and dorsiflexion with gradual strengthening
 - Leg press, knee extension, and hamstring curls
 - Push up and sit up progression
 - Progressive low-impact cardio program, including treadmill, stairmaster, and pool

Phase V: ACTIVE Weeks 12-16

Goals:

- Run 1 mile with minimum symptoms
- Symptom-free daily activities

PT Guidelines

- Continue appropriate previous exercises
- Goal orientated training
- Running progression
- Agility drills/plyometrics
- Control swelling post exercise
- Transition to home exercise program