



Matthew Gotlin, MD
159 East 74th Street
New York, NY 10021

REHAB PROTOCOL: Lower Extremity Fasciotomy for Chronic Exertional Compartment Syndrome

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Days 1-14:

Goals:

- Pain management
- 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
- 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:

159 East 74th Street
New York, NY 10021
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310
Scarsdale, NY 10583
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100
Westbury, NY 11590
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road
Staten Island, NY 10306
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue
Brooklyn, NY 11201
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13th Street, 6th Floor
New York, NY 10077
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard
North Bergen, NJ 07047
Tel: 212-737-3301 Fax: 212-734-0407

- 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
 - o Leg press and hip weight machine
 - o Knee extension and HS curl weight machine
 - o Fitter, slide board
 - o Push-up progression
 - o Sit-up progression
- Progressive low-impact cardio program
 - o Treadmill – walking progression program
 - o Stairmaster
 - o 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:
 - o 3 x 20 heel raises with LE strength 90% of uninjured
 - o Pain-free 2 mile walk at 15min/mile pace
 - o No post-exercise swelling
- Agility drills/plyometrics
- Transition to home/gym program 2x per week

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____