

Chronic Exertional Compartment Syndrome Postoperative Rehabilitation Protocol

Date of Surgery: _____

Phase	Treatment Recommendations	Goals
Week 0-2	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Pain management Prevent swelling
Week 2-4	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Ankle DF/PF AROM WNL
Weeks 4-6	<ul style="list-style-type: none"> WBAT Continue appropriate previous exercises x 1mile 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) 	<ul style="list-style-type: none"> 10 single leg heel raises Normal walking gait

Weeks 6-12 Weeks 6-12 (continued)	<ul style="list-style-type: none"> ▪ Continue appropriate previous exercises ▪ Progressive strengthening program <ul style="list-style-type: none"> o Leg press and hip weight machine o Knee extension and HS curl weight machine o Fitter, slide board o Push-up and sit-up progression ▪ Progressive low-impact cardio program <ul style="list-style-type: none"> o Treadmill – walking progression program o Stairmaster o Pool Therapy – unrestricted 	<ul style="list-style-type: none"> ▪ 45 minute low impact cardio 5x/week ▪ Strength using weight machines 90% of uninjured ▪ Walk 2 miles at 15 min/miles pace with minimal symptoms
Weeks 12-16	<ul style="list-style-type: none"> ▪ Continue appropriate previous exercises ▪ Running progression program when following criteria met at 3 months: <ul style="list-style-type: none"> o 3 x 20 heel raises with LE strength 90% of uninjured o Pain-free 2 mile walk at 15 min/mile pace o No post-exercise swelling ▪ Agility drills/plyos ▪ Transition to home/gym program 2x/week 	<ul style="list-style-type: none"> ▪ Run 1 mile at 12 min/mile pace with minimal symptoms ▪ Pass APFT at 4 months postop

Protocol adapted from Hospital for Joint Diseases Rehabilitation postoperative guidelines