



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	<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"> ▪ 45 minute low impact cardio 5x/week ▪ Strength using weight machines 90% of uninvolved

Weeks 6-12 (continued)	<ul style="list-style-type: none"> o Treadmill – walking progression program o Stairmaster o Pool Therapy – unrestricted 	<ul style="list-style-type: none"> ▪ 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