



INOVA[®]

Sports Medicine

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Physical Therapy Protocol Following Compartment Release

Weight Bearing Status – as tolerated with crutches

Continue to use compression stockings on operative leg(s) can remove for sleeping and bathing for 2-4 weeks

Post-Op Week 0-2:

Goals:

1. Minimize swelling and pain
2. Restore normal knee and ankle ROM
3. Able to move leg(s) in all directions in standing without pain or compensation
4. Restore ability to control leg(s) in open and closed kinetic chain during gait
5. Non-antalgic gait
6. Can wean off of crutches as soon as pain and swelling is controlled

Exercises:

1. Active ankle ROM
2. Quad sets
3. SLRs
4. Elevation, compression and icing PRN for swelling control

Post-Op Weeks 2-4:

Goals:

1. Minimize post-operative swelling
2. Complete incision healing
3. Minimize muscle atrophy and flexibility deficits
4. Full flexibility/ mobility of gastrocnemius/ankle
5. Perform active or gentle resisted exercise of the hip
6. LE control and alignment with no pain during functional double leg squats
7. Non-antalgic gait
8. WBAT

Exercises:

1. Progress open kinetic chain ankle strengthening as tolerated
2. Balance and proprioception exercises
3. Scar mobility/massage and desensitization (if incisions are healed)
4. Gait drills: start with sagittal plane and progress to frontal and transverse
5. If wounds are healed:
 - *Stationary bike
 - *Treadmill or track walking

Post-Op Weeks 4-6:

Goals:

1. Minimal residual swelling following physical activities
2. Tolerate 15-30 minutes of continuous aerobic activity without the onset of symptoms/pain
3. Normal ankle strength and pain free
4. LE control and alignment, no pain with single leg functional movements (squats and lunges)

Exercises:

1. LE stretching and scar mobs
2. LE myofascial stretching/foam rolling
3. Progression of LE closed kinetic chain functional strengthening
 - *Lunges, step-backs and single leg squats
4. Progress heel raises to single leg
5. Gait drills
6. Initiate plyometric exercises at week 6 with the following progression:
 - *2 feet to 2 feet (jumping)
 - *1 foot to other (leaping)
 - *1 foot to same foot (hopping)
7. Elliptical trainer as tolerated
8. Light jogging at 6-8 weeks
 - *Initiate swimming or water walking (ONLY if wound is fully healed)

Post-Op Weeks 6+:

Goals:

1. Proper dynamic neuromuscular control and alignment with eccentric and concentric multi-plane activities for return to work/sports (without pain, instability or swelling)

Exercises:

1. Progressive strengthening exercises using higher stability and neuromuscular control
 - *With increased loads, speeds and combined movement patterns
2. Functional, sport-specific training

Criteria for release to sport(s):

1. Full painless ROM
2. 90% hamstring and quadriceps strength of contralateral side
3. No effusion