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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Exertional Compartment Syndrome Release

Phase I: 0-2 weeks

- Goals: Pain management, wound healing, swelling control
- Modalities: ice, elevation, compression
- Weight bearing status: partial WB with crutches and CAM boot
- ROM: unrestricted nonweight bearing dorsiflexion/plantar flexion
- Exercises: unresisted ankle plantar flexion/dorsiflexion
- Remove the CAM boot while resting/sleeping and keep leg elevated to reduce swelling

Phase II: 2-4 weeks

- Goal: normal ankle motion
- Modalities: ice, compression stockings
- Weight Bearing Status: wean crutches, progress to full WB with CAM boot
- ROM: begin alphabet/ankle rotation exercises, dorsiflexion towel stretches
- Exercises: progression – light theraband dorsiflexion/plantarflexion and inversion/eversion (seated), pain free calf-press and leg press limited < 25% body weight

Phase III: 4-6 weeks

- Goal: Improved ankle strength, normal gait pattern maintained for at least 1 mile
- Modalities: Ice, compression stockings, scar massage
- Weight bearing: WB as tolerated, discontinue CAM boot
- ROM/stretching: Full and unrestricted, continue towel stretches as needed
- Exercises: Progression TheraBand, progress to standing and increase resistance; mini-squats to wall squats; double-leg heel raise to single-leg heel raise; standing double-leg BAPS (biomechanical ankle platform system) board progressing to single-leg/ball toss/body blade; pain-free cardio—treadmill (forward and backward), elliptical, and pool therapy running

Phase IV: 6-12 weeks

- Goals: 45 minutes of low-impact cardio, resistance weight training at 90% normal
- Modalities: Ice, compression stockings, scar massage as needed
- Weight bearing: Unrestricted
- ROM/stretching: Unrestricted
- Exercises: Progression--weight machines: leg press, hip abduction/adduction, hamstring curls, leg extensions; slide board; sit-up and pushup progression; pain-free cardio--treadmill walking progression, StairMaster, and pool therapy

Phase V: 12-16 weeks

- Progress back into sports related activities as tolerated