

## **Compartment Release**

### **Physical Therapy Post-op Protocol**

#### **Weeks 0-2**

##### **Primary goals: Eliminate swelling; regain ROM; quad recovery**

- Weight bearing as tolerated, wean from crutches by week 2
- Active and passive knee and ankle range of motion
- Quadriceps activation
- Hip abductor, gluteal, core strengthening
- Hamstring, IT band flexibility
- Patellar mobilization
- Teach home exercises

#### **Weeks 3-8**

##### **Primary goals: Full ROM, develop strength**

- Obtain full ROM, no to minimal effusion
- Quadriceps strengthening, advance squats, lunges
- Maintain hamstring, calf flexibility
- Maintain core, pelvic balance, gluteal strength
- Ankle pumps
- Double Heel raises at 4 weeks
- Can begin low resistance stationary bike, elliptical, treadmill, Stairmaster
- Aqua and pool therapy
- Scar massage at 4 weeks
- May begin light jogging
- Proprioception
- Closed chain exercises when strength adequate

#### **Weeks 8-12**

##### **Primary goals: Advance strength and running**

- Advance strengthening
- May progress jogging and begin running progression at 10 weeks
- Single heel rises
- Should perform single leg squat without instability or loss of control
- Agility, cutting activities
- Begin function specific or sport specific activity when strength adequate

**Weeks 12+**

**Primary goals: return to activity simulating sports requirements**

- Sport specific training
- Advance weight training and agility work

Return to sport decision made by Physician based on clinical progress and rehab milestones