



Mid-America Orthopedics

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FASCIOTOMY PROTOCOL

Phase I (Day 3 -20)

PROMOTE

- Minimize postoperative swelling.
- Restore normal knee and ankle ROM
- Restore normal gait
- Restore ability to control leg in OKC and CKC during gait

AVOID

- Any friction on new scar
- Any activity that causes increased swelling
- Any impact activity including running, jumping, or hopping (at least 3 weeks or per MD)

SUGGESTED THERAPEUTIC EXERCISES

- **ROM:** Full AROM of ankle
- **Strengthening:** Ankle Thera-Band, QS, SLR in all directions, Flat Treadmill ambulation
- **Note:** Begin Bike and low level Total Gym squats at week 2

Phase II (Day 21 - 27)

- Minimize muscle atrophy and flexibility deficits
- Avoid over-stressing new scar formation by continuing to avoid friction over scar
- Avoid eccentric loading

SUGGESTED THERAPEUTIC EXERCISES

- **Gait:** begin with sagittal plane exercises and progress to frontal and transverse planes
- **Strengthening:** Progress OKC as tolerated
- **Balance & proprioception:** start flat, level surface, then progress as balance allows

- **Conditioning:** Begin Elliptical trainer & flat surface light jogging if allow by MD.

Phase III (Days 28 - 6 weeks)

- Restore ankle 5/5 strength
- Avoid pain with activity

SUGGESTED THERAPEUTIC EXERCISES

- **Strengthening:** CKC functional strengthening, lunges, single leg squats, heel raises to single leg FWB as tolerated
- **Conditioning:** flat surface jogging as tolerated
- **Note:** Plyometric begin at Week 6, focus on control and alignment. Emphasize proper landing/deceleration mechanics.

Phase IV (Weeks 7-12)

- Should have 90% pain free plantarflexion and dorsiflexion strength
- Avoid pain with activity progression

SUGGESTED THERAPEUTIC EXERCISES

- **Sport Specific Training:** start low intensity and progress as pain, control, and tolerance allow
- **Note:** Release to sport per MD if all goals met and good progress with rehab.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 978-9000.