

Fasciotomy

General

Full passive ROM

Weight-bearing as tolerated

Stitches assessed and removed in clinic within 7-14 days

Weeks 0-1

Wall slides

Prone hangs

Patellar mobilization

Ankle pumps

Quad sets with straight leg raises

Hamstring sets

Achilles and calf stretching

Modalities as necessary to decrease swelling

Weeks 1-6

Continue previous exercises

Toe raises/heel raises

Stationary bike with gradual increase in resistance

VMO-specific strengthening exercises

Weeks 6-10

Treadmill 7% walk

Terminal 1/3 knee bends

Double knee bends

Swimming with fins

Weeks 10-12

Single knee bends

Rowing/erg machine

Outdoor biking

Return to run program = elliptical → treadmill →
outdoor running

Leg curls with no hyperextension

Week 12

Sport-specific training with gradual return to
agility exercises
