COMPARTMENT RELEASE REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Full as tolerated	None	Full, as tolerated	Heel slides, quad/hamstring sets, SLR, planks, bridges, core work, step ups, stationary bike as tolerated
PHASE II 2-6 weeks	Full	None	Full	Progress Phase I exercises Add sport-specific exercises/agility as tolerated Strength training as tolerated Advance cycling and elliptical as tolerated after 3 weeks *Avoid water/swimming until 4+ weeks when incisions closed **Avoid high impact until cleared by Dr. Cole** **Stay below symptom threshold**
PHASE III 6-12 weeks	Full	None	Full	Maintenance core, glutes, hip, and balance program **Avoid high impact until cleared by Dr. Cole** **Stay below symptom threshold**

*If patient's script differs, please follow modifications on script

BRIAN J. COLE, MD, MBA
MIDWEST ORTHOPAEDICS AT RUSH
BrianColeMD.com

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