

## COMPARTMENT RELEASE REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 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
<b>PHASE II</b> 2-6 weeks	Full	None	Full	<p>Progress Phase I exercises</p> <p>Add sport-specific exercises/agility as tolerated</p> <p>Strength training as tolerated</p> <p>Advance cycling and elliptical as tolerated after 3 weeks</p> <p>*Avoid water/swimming until 4+ weeks when incisions closed</p> <p><b>Avoid high impact until cleared by Dr. Cole</b></p> <p><b>Stay below symptom threshold</b></p>
<b>PHASE III</b> 6-12 weeks	Full	None	Full	<p>Maintenance core, glutes, hip, and balance program</p> <p><b>Avoid high impact until cleared by Dr. Cole</b></p> <p><b>Stay below symptom threshold</b></p>

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