

## **Dr. Safran's Rehabilitation Protocol for Endoscopic Exertional Compartment Syndrome Release**

1. Crutches with weight bearing as tolerated. May discard crutches when walking without a limp.
2. Early, immediate range of motion
  - a. Athletes are asked to get a towel and hold the end putting the loop beneath the forefoot pulling back to assist dorsiflexion.
  - b. Also actively plantarflex – push the forefoot downwards
  - c. Spell the alphabet with your toes
3. Early massage of skin and soft tissues above and below the incision sites to reduce adhesions.
4. Peri-operative antibiotics for 3 days post op to reduce the risk of cellulites
5. Ice treatments 20 minutes on and off to each leg every 2 to 3 hours to reduces swelling and assists in pain relief.
6. May shower in two to three days and put bandaids over wounds. NO soaking (bathtub, pool, jacuzzi) until sutures removed (2 weeks).
7. Once walking without crutches, you may begin work with a stationary bike, followed by a treadmill, running and general rehabilitation. Stationary cycling should occur at 3 – 5 weeks, and running by 5 – 8 weeks.