



ELLIS & BADENHAUSEN
ORTHOPAEDICS

NAME:		SPORT:			
Injury: B/L Compartment Syndrome	Date of Surgery:			Week 1	
EXERCISES:	Monday	Tuesday	Wednesday	Thursday	Friday
Modalities:					
Hivamat	15 Min	15 Min	15 Min	15 Min	15 Min
Gameready	20 Min	20 Min	20 Min	20 Min	20 Min
Normatec	20 Min	20 Min	20 Min	20 Min	20 Min
Stretching:					
Assisted calf stretching w/strap	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec
BAPS Board (cw/ccw)	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
STRENGTHENING:					
SLR (flexion/abduction)	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
Ankle Pumps W/ TB	2 X 20	2 X 20	2 X 20	2 X 20	2 X 20
Ankle ABC's W/TB	2 X's	2 X's	2 X's	2 X's	2 X's
Cool Down: (Exercises/Modalities)					
Gameready	20 Min	20 Min	20 Min	20 Min	20 Min



ELLIS & BADENHAUSEN
ORTHOPAEDICS

NAME:		SPORT:			
Injury: B/L Compartment Syndrome	Date of Surgery:			Week 2	
EXERCISES:	Monday	Tuesday	Wednesday	Thursday	Friday
Modalities:					
Hivamat	15 Min	15 Min	15 Min	15 Min	15 Min
Gameready	20 Min	20 Min	20 Min	20 Min	20 Min
Normatec	20 Min	20 Min	20 Min	20 Min	20 Min
ROM:					
Assisted calf stretching w/strap	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec
Standing 3-way calf stretch	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec
BAPS board (cw,ccw, fwd,bwd, side to side)	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
STRENGTHENING:					
5-Way SLR	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
Ankle Pumps W/ TB	2 X 20	2 X 20	2 X 20	2 X 20	2 X 20
Ankle ABC's W/TB	2 X's	2 X's	2 X's	2 X's	2 X's
Seated 3-way calf raises	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
4-way ankle TB	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
Stork Stand	2 X 15 Sec	2 X 15 Sec	2 X 15 Sec	2 X 15 Sec	2 X 15 Sec
Cool Down: (Exercises/Modalities)					
Massage (If Needed)					
Gameready	20 Min	20 Min	20 Min	20 Min	20 Min



ELLIS & BADENHAUSEN
ORTHOPAEDICS

NAME:		SPORT:			
Injury: B/L Compartment Syndrome		Date of Surgery:		Week 3	
EXERCISES:	Monday	Tuesday	Wednesday	Thursday	Friday
Modalities:					
Hivamat	15 Min	15 Min	15 Min	15 Min	15 Min
Gameready	20 Min	20 Min	20 Min	20 Min	20 Min
Normatec	20 Min	20 Min	20 Min	20 Min	20 Min
WARM-UP					
Bike	10 Min	10 Min	10 Min	10 Min	10 Min
Alter G walking	X		X		X
ROM:					
Standing 3-way calf stretch	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec
BAPS board (cw,ccw, fwd,bwd, side to side)	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
STRENGTHENING:					
5-Way SLR	2 X 12	2 X 12	2 X 12	2 X 12	2 X 12
Ankle Pumps W/ TB	2 X 20	2 X 20	2 X 20	2 X 20	2 X 20
Ankle ABC's W/TB	2 X's	2 X's	2 X's	2 X's	2 X's
Standing 3-way calf raises	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
4-way ankle TB	2 X 12	2 X 12	2 X 12	2 X 12	2 X 12
Stork Stand on Air-X pad	2 X 15 Sec	2 X 15 Sec	2 X 15 Sec	2 X 15 Sec	2 X 15 Sec
Mini-Squats	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
Object Pick-ups	2 X's	2 X's	2 X's	2 X's	2 X's
2-Way Towel Crunches	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
Core-X level 1	X	X		X	X
Cool Down: (Exercises/Modalities)					
Massage (If Needed)					
Gameready	20 Min	20 Min	20 Min	20 Min	20 Min



ELLIS & BADENHAUSEN
ORTHOPAEDICS

NAME:		SPORT:			
Injury: B/L Compartment Syndrome	Date of Surgery:			Week 4	
EXERCISES:	Monday	Tuesday	Wednesday	Thursday	Friday
WARM-UP					
Bike	15 Min	15 Min	20 Min	20 Min	20 Min
Alter G Jogging	X		X		X
Treadmill Walking		10 Min		10 Min	
ROM:					
Standing 3-way calf stretch	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec
BAPS board (cw,ccw, fwd,bwd, side to side)	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
STRENGTHENING:					
5-Way SLR	2 X 12		2 X 12		
2-Way Clams	2 X 15			2 X 15	
Hip IR/ER W/TB		2 X 12		2 X 15	
Sartorius Raises W/CW		2 X 12			2 X 15
Isometric Hip ABD/ADD			2 X 10 each		2 X 10 each
Quad Extensions	2 X 15		2 X 15		
Prone Hamstring Curls	2 X 15			2 X 15	
Lunges		2 X 8		2 X 10	
Mini-Squats (SB behind back)		2 X 10			2 X 12
Step-ups (fwd/bwd/lateral) 6in box			2 X 8 each		2 X 10
4-Way ankle W/TB	2 X 10		2 X 10		2 X 10
ABC'S W/TB	2 X'S		2 X'S		2 X'S
Object Pick-ups		3 X'S		3 X'S	
Towel Crunches W/CW		2 X'S each		2 X'S each	
Cool Down: (Exercises/Modalities)					
Massage (If Needed)					
Gameready	20 Min	20 Min	20 Min	20 Min	20 Min
Normatec	20 Min	20 Min	20 Min	20 Min	20 Min

Patient can choose bt gameready and normatec or come back later in the day to compete the opposite modality.

Alter G Progression:

Monday: Warm-up walk .25 mile @ 60% BW speed 3.5. Workout: Walk 1 Min 60%BW @ 3.5, Jog 1 Min 50% BW @ 6.5, Repeat 8 times. Cool Down Walk .25 mile @ 60% BW speed 3.5

Wednesday: Warm-up walk .25 mile @ 60% BW speed 3.5. Workout: Walk 1 Min 60%BW @ 3.5, Jog 1 Min 50% BW @ 6.5, Repeat 8 times. Cool Down Walk .25 mile @ 60% BW speed 3.5

Friday: Warm-up walk .25 mile @ 60% BW speed 3.5. Workout: Walk 1 Min 60%BW @ 3.5, Jog 1 Min 50% BW @ 6.5, Repeat 8 times. Cool Down Walk .25 mile @ 60% BW speed 3.5

Treadmill walking: Tuesday/Thursday: 10 min walk, speed 3.5, Incline 2%



NAME:		SPORT:			
Injury: <u>B/L Compartment Syndrome</u>		Date of Surgery:		Week 5	
EXERCISES:	Monday	Tuesday	Wednesday	Thursday	Friday
WARM-UP					
Bike	20 Min		20 Min		20 Min
Stairmaster		20 Min		20 Min	
Alter G Jogging	X		X		X
ROM:					
Standing 3-way calf stretch	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec
BAPS board (cw,ccw, fwd,bwd, side to side)	2 X 10	2 X 10	2 X 10	2 X 10	2 X 10
STRENGTHENING:					
4-Way standing kickers	2 X 10		2 X 12		2 X 12
2-Way Clams	2 X fatigue			2 X 15	
Hip IR/ER W/TB		2 X 12		2 X 15	
Sartorius Raises W/CW		2 X 12			
Isometric Hip ABD/ADD			2 X 10 each		2 X 10 each
Quad Extensions #4cw	2 X 15		2 X 15		2 X 15
Prone Hamstring Curls #4cw	2 X 15			2 X 15	
3-way Lunges		5,4,3		2 X 10	
S/L Mini-Squats (SB behind back)		2 X 12			
Step-ups (fwd/bwd/lateral) 6in box			2 X 8 each		2 X 8 each
3-Way calf raises on shuttle	2 X 10 each		2 X 10		2 X 10
Nose Touches	2 X 10		2 X'S		2 X'S
Object Pick-ups		3 X'S		3 X'S	
Towel Crunches on steroids		1 lap		2 X'S each	
Wall Sit	30 sec		30 sec		30 sec
Cool Down: (Exercises/Modalities)					
Massage (If Needed)					
Gameready	20 Min	20 Min	20 Min	20 Min	20 Min
Normatec	20 Min	20 Min	20 Min	20 Min	20 Min

Alter G Progression:

Monday: Warm-up walk .25 mile @ 75% BW speed 3.5. Workout: Jog 5 min @ 75% BW, Speed 7.0-7.5, Walk 1 min speed 3.5, Repeat 3 times, Cool down: Walk .25 mile at 3.5

Wednesday: Warm-up walk .25 mile @ 75% BW speed 3.5. Workout: Jog 5 min @ 75% BW, Speed 7.0-7.5, Walk 1 min speed 3.5, Repeat 3 times, Cool down: Walk .25 mile at 3.5



ELLIS & BADENHAUSEN
ORTHOPAEDICS

NAME:		SPORT:			
Injury: B/L Compartment Syndrome	Date of Surgery:			Week 6	
EXERCISES:	Monday	Tuesday	Wednesday	Thursday	Friday
WARM-UP					
Bike	20 Min		20 Min		20 Min
Stairmaster		20 Min		20 Min	
Jogging Progression	X	Alter G	X	Alter G	X
ROM:					
Standing 3-way calf stretch	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec
STRENGTHENING:					
Stepping Stone patterns	6 X's		6 X's		6 X's
Lunge onto dyno disc	2 X 12		2 X 12		2 X 12
Dyno disc squats	2 X 12		2 X 12		2 X 12
3-way calf raises on stepping stones	1 X 10 Each		1 X 10 Each		1 X 10 Each
3-Way bridging	X 45 Sec Each		X 45 Sec Each		X 45 Sec Each
2-Way HS pull downs W/TB	2 X Fatigue		2 X Fatigue		2 X Fatigue
2-Way clams	2 X Fatigue		2 X Fatigue		2 X Fatigue
S/L Shuttle Jumps	2 X Fatigue		2 X Fatigue		2 X Fatigue
Isometric Hip ABD/ADD (3 sec hold)	2 X 10		2 X 10		2 X 10
Tramp Balance W/ball	3 X 10 Kicks		3 X 10 Kicks		3 X 10 Kicks
PLYOMETRICS:					
Jump in place	45 Sec		45 Sec		45 Sec
Line hops front/back	45 Sec		45 Sec		45 Sec
Line hops side/side	45 Sec		45 Sec		45 Sec
Core:					
Core Packet Week 1	X	X		X	X
Core-X	1-2	1-2		1-2	1-2
Cool Down: (Exercises/Modalities)					
Massage (If Needed)					
Gameready	20 Min	20 Min	20 Min	20 Min	20 Min
Normatec	20 Min	20 Min	20 Min	20 Min	20 Min

Monday: Walk 3 Min @ 3.5, Jog 5 Min @ 6.5-7.0, Repeat 3 times, Walk 3 Min to cool down @ 3.5

Tuesday: Alter G distance Runs 30-40 Minutes at 80% Body weight

Wednesday: Walk 3 Min @ 3.5, Jog 5 Min @ 6.5-7.0, Repeat 3 times, Walk 3 Min to cool down @ 3.5

Thursday: Alter G distance Runs 30-40 Minutes at 80% Body weight

Friday: Walk 3 Min @ 3.5, Jog 7 Min @ 6.5-7.0, Repeat 3 times, Walk 3 Min to cool down @ 3.5



ELLIS & BADENHAUSEN
ORTHOPAEDICS

NAME:		SPORT:			
Injury: B/L Compartment Syndrome	Date of Surgery:			Week 7	
EXERCISES:	Monday	Tuesday	Wednesday	Thursday	Friday
WARM-UP					
Bike	20 Min		20 Min		20 Min
Stairmaster		20 Min		20 Min	
Jogging Progression	X	Alter G	X	Alter G	X
ROM:					
Standing 3-way calf stretch	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec	2 X 30 sec
STRENGTHENING:					
Stepping Stone patterns	6 X's		6 X's		6 X's
Lunge onto dyno disc	2 X 15		2 X 15		2 X 15
Dyno disc squats	2 X 15		2 X 15		2 X 15
3-way calf raises on stepping stones	1 X 15 Each		1 X 15 Each		1 X 15 Each
3-Way bridging	X 45 Sec Each		X 45 Sec Each		X 45 Sec Each
2-Way HS pull downs W/TB	2 X Fatigue		2 X Fatigue		2 X Fatigue
2-Way clams	2 X Fatigue		2 X Fatigue		2 X Fatigue
S/L Shuttle Jumps	2 X Fatigue		2 X Fatigue		2 X Fatigue
Isometric Hip ABD/ADD (3 sec hold)	2 X 10		2 X 10		2 X 10
Tramp Balance W/ball	3 X 10 Kicks		3 X 10 Kicks		3 X 10 Kicks
PLYOMETRICS:					
Jump in place	1 Min		1 Min		1 Min
Line hops front/back	1 Min		1 Min		1 Min
Line hops side/side	1 Min		1 Min		1 Min
Core:					
Core Packet Week 2	X	X		X	X
Core-X	1-3	1-3		1-3	1-3
Cool Down: <i>(Exercises/Modalities)</i>					
Gameready	20 Min	20 Min	20 Min	20 Min	20 Min
Normatec	20 Min	20 Min	20 Min	20 Min	20 Min

Monday: Walk 3 Min @ 3.5, Jog 8 Min @ 6.5-7.5, Repeat 3 times, Walk 3 Min to cool down @ 3.5

Tuesday: Alter G distance Runs 30-40 Minutes at 80% Body weight

Wednesday: Walk 3 Min @ 3.5, Jog 8 Min @ 6.5-7.5, Repeat 3 times, Walk 3 Min to cool down @ 3.5

Thursday: Alter G distance Runs 30-40 Minutes at 80% Body weight

Friday: Walk 3 Min @ 3.5, Jog 10 Min @ 6.5-7.5, Repeat 3 times, Walk 3 Min to cool down @ 3.5