

## Rehabilitation Protocol: Tibial Spine Open Reduction Internal Fixation

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery : \_\_\_\_\_



### Phase I (Weeks 0-4):

- **Weightbearing:** Toe touch weight bearing x 4 weeks
- **Hinged Knee Brace:**
  - Locked in full extension for ambulation and sleeping (Weeks 0-4)
- **Range of Motion** – AAROM → AROM as tolerated
- **Therapeutic Exercises**
  - Quad/Hamstring sets
  - Heel slides
  - Non-weightbearing stretch of the Gastroc/Soleus
  - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag



### Phase II (Weeks 4-8):

- **Weightbearing:** Start partial weightbearing and progress to full weightbearing by 6 weeks without crutches
- **Hinged Knee Brace:**
  - Unlock brace Week 6
  - Discontinue brace use when patient has achieved full extension with no evidence of extension lagor by week 8
- **Range of Motion** – Maintain full knee extension – work on progressive knee flexion
- **Therapeutic Exercises**
  - Closed chain extension exercises
  - Hamstring curls
  - Toe raises
  - Balance exercises
  - Progress to weightbearing stretch of the Gastroc/Soleus
  - Begin use of the stationary bicycle



### Phase III (Weeks 8-16):

- **Weightbearing:** Full weightbearing
- **Range of Motion** – Full/Painless ROM

**- Therapeutic Exercises**

- Advance closed chain strengthening exercises, proprioception activities
- Begin use of the Stairmaster/Elliptical
- **Can Start Straight Ahead Running at 12 Weeks**

**Phase IV (Months 4-6)**

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

**Comments:****Frequency:** \_\_\_\_\_ **times per week****Duration:** \_\_\_\_\_ **weeks****Signature:** \_\_\_\_\_**Date:** \_\_\_\_\_