

## POSTOPERATIVE PROTOCOL

### ORIF TIBIAL PLATEAU FRACTURE

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-8</b> PT 1-2x/week HEP daily	Full passive extension Patella mobility Edema and pain control SLR without lag Promote independence	<b>Weeks 0-6:</b> TDWB (20%) Brace at 0° for ambulation & sleep ROM 0-90°  <b>Weeks 6-8:</b> 50% WB Brace open 0-60° for ambulation with crutches abiding with WB restrictions No brace for sleep Progress Knee ROM unlimited	A/A/PROM emphasize extension Patella mobilization Quad re-education and SLR Hip/Core training Short crank ergometry (ROM>85°) Without resistance
<b>Weeks 8-12</b> PT 2-3x/week HEP daily	Full ROM Normalize patella mobility Edema and pain control Improve quad control Promote independent ADLs	Advance to WBAT DC brace	AROM knee flexion/extension Standard ergometry (ROM>115°) Hip/Core training Bilateral leg press 0-60° Wall sits
<b>Weeks 12-16</b> PT 1-2x/week HEP daily	Full ROM Descend 8" step with control Improve endurance Protect patellofemoral	WBAT No impact	Progress squat/leg press Forward step-up/down program Advance proprioceptive training Elliptical, retrograde treadmill
<b>Weeks 16-24+</b> PT 1-2x/week HEP daily	Symptom free running Improve strength/flexibility Hop Test >85% limb symmetry  No apprehension with sport specific movements	Avoid painful activities  <b>4 months:</b> Low-impact sport allowed (golf, swimming, skating, rollerblading, and cycling)  <b>5-6 months:</b> Initiate impact (Alter-G → jogging, running, aerobics)  <b>6-8 months:</b> Return to sport training	Progress squat <90° flexion Forward running program at 5 months (when 8" step down OK) Advance agility program Plyometrics when sufficient base  Advance flexibility, agility, plyometrics Sport specific training