



## TJ Ridley, MD

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### Knee Arthroscopic Tibial Spine Repair Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (0-2 weeks)</b> Goals: <ul style="list-style-type: none"> <li>No quad lag</li> <li>Adequate hamstring control</li> </ul>	<ul style="list-style-type: none"> <li>Weight bearing as tolerated with brace locked in extension for 6 weeks post op</li> </ul>	<ul style="list-style-type: none"> <li>0-90 deg A/PROM</li> <li>Patellar mobilization</li> <li>Modalities PRN               <ul style="list-style-type: none"> <li>Kneehab</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Wall slides, heel slides to 45 deg flex</li> <li>Quad activation, SLR, quad series</li> <li>Extension mobilization</li> <li>Sit &amp; reach for hamstring stretch w/ towel</li> <li>Ankle pumps</li> <li>BFR- may initiate 48 hours post op</li> <li>Can begin hamstring sets</li> </ul>
<b>Phase 2 (3-6 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Moderate proprioception</li> <li>Full ROM</li> </ul>	<ul style="list-style-type: none"> <li>WBAT with brace locked in extension for 6 weeks post op</li> </ul>	<ul style="list-style-type: none"> <li>Begin Full A/PROM as tolerated after 4 weeks</li> <li>Patellar Mobilization</li> <li>Modalities PRN</li> </ul>	<ul style="list-style-type: none"> <li>Wall slides, heel slides</li> <li>Quad activation, SLR, quad series</li> <li>Extension mobilization</li> <li>Sit &amp; reach for hamstring stretch w/ towel</li> <li>Ankle pumps</li> </ul>
<b>Phase 3 (7-10 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Begin walk-run program</li> <li>Advance endurance and strength</li> </ul>	<ul style="list-style-type: none"> <li>D/C hinged brace</li> <li>FWB</li> </ul>	<ul style="list-style-type: none"> <li>Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>Toe &amp; heel raises</li> <li>Begin mini squats and progress as tolerated</li> <li>Begin Elliptical with minimal resistance</li> <li>Begin stationary bike with minimal resistance once 120 deg flexion obtained</li> <li>Aquajogging</li> <li>Begin walk-run program at 8 weeks</li> <li>Reverse lunges</li> </ul>
<b>Phase 4 (11-16 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Run 2 miles at normal pace, return to golf, hiking, outdoor biking at 16 weeks</li> </ul>	<ul style="list-style-type: none"> <li>FWB</li> </ul>	<ul style="list-style-type: none"> <li>Maintain full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>Can begin rowing</li> <li>Leg press, single leg dead lift, balance squats</li> <li>Begin light plyometric training</li> <li>Clearance from Dr. Ridley prior to return to sport               <ul style="list-style-type: none"> <li>Return to low impact sports at 3 months</li> <li>Return to cutting and pivoting 4-5 months</li> </ul> </li> </ul>