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Tibial Plateau Fracture ORIF Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none"> No quad lag Adequate hamstring control 	<ul style="list-style-type: none"> Hinged brace 0-90 Toe touch weight bearing x 6 weeks 	<ul style="list-style-type: none"> 0-90 deg A/PROM Patellar mobilization Begin KneeHab 	<ul style="list-style-type: none"> Wall slides, heel slides to 45 deg flex Quad activation, SLR, quad series Extension mobilization Sit & reach for hamstring stretch w/ towel Ankle pumps
Phase 2 (3-6 weeks) Goals: <ul style="list-style-type: none"> Moderate proprioception Minimize swelling 	<ul style="list-style-type: none"> Hinged brace 0-90 TTWB x 6 weeks 	<ul style="list-style-type: none"> 0-90 deg A/PROM <ul style="list-style-type: none"> If no meniscus repair, begin advancing at 4 weeks Patellar mobilization KneeHab 	<ul style="list-style-type: none"> Wall slides, heel slides Quad activation, SLR, quad series Extension mobilization Sit & reach for hamstring stretch w/ towel Ankle pumps BFR – may initiate post op day 15 Stationary bike NO resistance starting week 6 (no flexion >90)
Phase 3 (7-10 weeks) Goals: <ul style="list-style-type: none"> Full ROM, advance to FWB with normalized gait 	<ul style="list-style-type: none"> D/C hinged brace Advance weight bearing as tolerated 	<ul style="list-style-type: none"> Advance to full A/PROM as tolerated 	<ul style="list-style-type: none"> Closed kinetic chain- wall sits, mini-squats, light leg press (10-70 deg) Upper body conditioning, stationary bike w/ no resistance, water walking. Aqua jogging at 9 week mark Toe raises & balance series at 10 week mark
Phase 4 (11-14 weeks) Goals: <ul style="list-style-type: none"> Advance strength and proprioception No swelling or effusions 	<ul style="list-style-type: none"> No brace FWB 	<ul style="list-style-type: none"> Maintain full A/PROM No deep squats 	<ul style="list-style-type: none"> Leg press, single leg dead lift, balance squats Start balance training, 2-legged balance board, single leg stance Aerobic conditioning: bike, water walk, swimming (straight kick), walking Ski machine (short stride, low resistance) Elliptical, stair machine (low resistance) Begin impact activities and walk to jog program Begin light plyometric training

Phase 5 (15+ weeks) <ul style="list-style-type: none">• Advance strength and endurance• Return to full activities	<ul style="list-style-type: none">• No brace• FWB	<ul style="list-style-type: none">• Full	<ul style="list-style-type: none">• Clearance from Dr. Ridley prior to return to sport
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