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

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