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Tibial Plateau Fracture ORIF Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: - No quad lag - Adequate hamstring control	- Hinged brace 0-90 - Toe touch weight bearing x 6 weeks	0-90 deg A/PROM - Patellar mobilization - Begin KneeHab	- 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: - Moderate proprioception - Minimize swelling	- Hinged brace 0-90 - TTWB x 6 weeks	0-90 deg A/PROM - If no meniscus repair, begin advancing at 4 weeks - Patellar mobilization - KneeHab	- 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: Full ROM, advance to FWB with normalized gait	- D/C hinged brace - Advance weight bearing as tolerated	Advance to full A/PROM as tolerated	- 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: - Advance strength and proprioception - No swelling or effusions	- No brace - FWB	- Maintain full A/PROM - No deep squats	- 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) • Advance strength and endurance • Return to full activities	• No brace • FWB	• Full	• Clearance from Dr. Flikkema prior to return to sport
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