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Knee Arthroscopic Tibial Spine Repair Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: - No quad lag - Adequate hamstring control	Weight bearing as tolerated with brace locked in extension for 6 weeks post op	0-90 deg A/PROM - Patellar mobilization - Modalities PRN - 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 - BFR- may initiate 48 hours post op - Can begin hamstring sets
Phase 2 (3-6 weeks) Goals: - Moderate proprioception - Full ROM	WBAT with brace locked in extension for 6 weeks post op	- Begin Full A/PROM as tolerated after 4 weeks - Patellar Mobilization - Modalities PRN	- Wall slides, heel slides - Quad activation, SLR, quad series - Extension mobilization - Sit & reach for hamstring stretch w/ towel - Ankle pumps
Phase 3 (7-10 weeks) Goals: - Begin walk-run program - Advance endurance and strength	- D/C hinged brace - FWB	Full A/PROM	- Toe & heel raises - Begin mini squats and progress as tolerated - Begin Eliptical with minimal resistance - Begin stationary bike with minimal resistance once 120 deg flexion obtained - Aquajogging - Begin walk-run program at 8 weeks - Reverse lunges
Phase 4 (11-16 weeks) Goals: Run 2 miles at normal pace, return to golf, hiking, outdoor biking at 16 weeks	FWB	Maintain full A/PROM	- Can begin rowing - Leg press, single leg dead lift, balance squats - Begin light plyometric training - Clearance from Dr. Flikkema prior to return to sport - Return to low impact sports at 3 months - Return to cutting and pivoting 4-5 months

