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REHAB PROTOCOL: Tibial Spine Open Reduction Internal Fixation

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-4)

- Weightbearing:** Toe touch weight bearing x 4 weeks
- Hinged Knee Brace:**
 - o Locked in full extension for ambulation and sleeping (**Weeks 0-4**)
- Range of Motion:** AAROM → AROM as tolerated
- Therapeutic Exercises**
 - o Quad/Hamstring sets
 - o Heel slides
 - o Non-weightbearing stretch of the Gastroc/Soleus
 - o Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

Phase II (Weeks 4-8)

- Weightbearing:** Start partial weightbearing and progress to full weightbearing by 6 weeks without crutches
- Hinged Knee Brace:**
 - o Unlock brace Week 6
 - o Discontinue brace use when patient has achieved full extension with no evidence of extension lag **or** by week 8
- Range of Motion** – Maintain full knee extension – work on progressive knee flexion
- Therapeutic Exercises**
 - o Closed chain extension exercises
 - o Hamstring curls
 - o Toe raises
 - o Balance exercises
 - o Progress to weightbearing stretch of the Gastroc/Soleus
 - o Begin use of the stationary bicycle

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Phase III (Weeks 8-16)

- Weightbearing:** Full weightbearing
- Range of Motion** – Full/Painless ROM
- Therapeutic Exercises**
 - o Advance closed chain strengthening exercises, proprioception activities
 - o Begin use of the Stairmaster/Elliptical
 - o **Can Start Straight Ahead Running at 12 Weeks**

Phase IV (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____