



Tibial Spine ORIF Physical Therapy Protocol

PHASE 1: Generally 0-6 Week Post-Op

- **General :**
 - Focus on the protection of fixation in Phase I (0-6 weeks postop).
 - Brace: 8 weeks total
 - Weeks 0-2: Toe-Touch Weight Bearing (Full Extension)
 - Weeks 3-4: Partial Weight Bearing (Full Extension, d/c crutches after 4 weeks)
 - Weeks 5-6 WBAT (Full Extension)
 - Weeks 7-8 (Unlock brace in 30° increments, unlocked and off after week 8)
 - Sleep with brace ON & LOCKED in extension for 3 weeks.
 - Crutches: 4 weeks total (0-2 TTWB, 3-4 PWB, 5-6 WBAT)
- **Goals:**
 - Protect fracture fixation with the use of brace and specific exercises.
 - Minimize effects of immobilization, inflammation & edema (ice x2 weeks)
 - Advance to Full WB, wean off crutches, obtain motion
 - Brace:
 - Weeks 0-4: Brace locked in full extension for ambulation & sleeping.
 - Weeks 5-6: WBAT in extension. OK to d/c brace when sleeping.
- **Weight-Bearing:**
 - Weeks 0-2: TTWB
 - Weeks 3-4: PWB
 - Weeks 5-6: Wean from crutches as patient demonstrates normal gait mechanics and improved quad control.
- **Range of Motion:**
 - AAROM → AROM as tolerated starting in week 2
 - Maintain full extension and work on progressive knee flexion.
 - 0-90° by Week 3
 - 0-125° by Week 6
- **Exercises:**
 - Patellar mobilization/scar mobilization
 - Quad sets, Hamstring curls, Heel slides
 - Non-weight bearing stretching of Gastroc-Soleus
 - Straight-leg raise with brace in full extension until quad strength returns (no extension lag)



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Tibial Spine ORIF Physical Therapy Protocol

PHASE : Generally 7-12 Weeks Post-Op

- **General**

- Maintain full extension, obtain full flexion
- Increase hip, quadriceps, hamstring and calf strength
- Increase proprioception
- Brace:
 - Begin unlocking in 30^o increments (every 3-4 days) after Week 4.
 - Unlocked when weight bearing by the start of Week 5.
 - Discontinue after Week 6 (once patient has full extension and no lag).
- Exercises:
 - Begin stationary bike with increasing resistance as tolerated
 - Continue with ROM/flexibility exercises as appropriate
 - Closed chain extension exercises
 - Weight bearing Gastroc-Soleus stretching
 - Toe raises, start proprioception program
 - Begin weight bearing quadriceps strengthening

PHASE 4: Generally 13-18 Weeks Post-Op

- **Exercises:**

- Begin straight-ahead, treadmill running after Week 12
- Continue flexibility and ROM exercises as appropriate for patient
- Progressive hip, quad, hamstring and calf strengthening
- Continue Deepening Mini-Wall Squats (0-90^o)
- Continue Lateral Lunges & Step-Ups
- Continue Hip Abduction/Adduction Strengthening
- Continue Short-Arc Leg Press
- Cardiovascular/endurance training via stair master, elliptical and bike
- Advance proprioceptive activities and agility drills

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PHASE : Generally 4-5 Months Post-Op

- **Exercises**

- Progress flexibility/strength program based on individual needs/deficits
- Initiate plyometric program as appropriate for patient's athletic goals
- Agility progression including:
 - Side steps + Crossovers, Figure 8 and Shuttle Running
 - One & Two Leg Jumping
 - Cutting/Accelerative/Deceleration/Sprints, Agility Ladder Drills
- Continue progression of running distance based on patient needs
- Sport-specific drills as appropriate for patient
- Gradual return to activity as tolerated



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