

Tibial Spine Fraction Fixation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-4 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Decrease inflammation ● initiate of motion ● Protect incision ● Eliminate effusion 	<p><u>Weightbearing:</u></p> <p>Touchdown (25%) weightbearing x 4 weeks</p> <p>Hinged knee brace locked in extension for ambulation and sleeping</p>	<ul style="list-style-type: none"> ● Passive ROM as tolerated with PT ● AAROM and non-weighted active flexion <p>Modalities:</p> <ul style="list-style-type: none"> ● NMES for quad recruitment ● Cryocuff/Game Ready Compression/ Ice ● Patellar mobs ● Massage 	<ul style="list-style-type: none"> ● Quad recruitment ● Flexion: heel slides, seated knee flex ● Extension: heel prop, prone hang ● Long sitting HS stretch ● Quad sets, glute sets ● SLR x4 with brace assist until no lag ● Ankle pumps ● Non-weightbearing gastric/soleus stretch
<p>Phase 2 (5-8 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Eliminate effusion ● Normal ROM ● Good patella mobility ● Progress weightbearing 	<p>Progress to full weightbearing by week 6</p> <p>Fully unlock brace all times week 6</p> <p>May wean from brace if no extensor lag by week 8</p>	<ul style="list-style-type: none"> ● Full active and passive ROM ● Work on progressive knee flexion <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle prone quad stretch/knee flex ● Manual assist extension/passive stretch ● Cryotherapy as needed 	<ul style="list-style-type: none"> ● Gait training with good quad control ● Closed chain extension exercises ● Hamstring curls ● Toe raises ● Balance exercises ● Weightbearing stretch of gastroc/soleus ● LE stretching: HS, quads, ITB, piriformis (pain free) ● High seat, low resistance stationary bike
<p>Phase 3 (9-16 weeks)</p>			<ul style="list-style-type: none"> ● Bike, walking treadmill with incline ● Advance closed chain exercises ● Balance progression

Aaron J. Casp, MD
Sports Medicine, Hip, Knee, and Shoulder Surgery
 p:(303) 835-8561
 f: (303) 879-4036



<p>Goals:</p> <ul style="list-style-type: none"> ● Pain free ADLs ● Normal knee ROM ● Normal gait ● Initiate higher resistance activities 	<p>Maintain ROM and full weightbearing</p>	<ul style="list-style-type: none"> ● Maintain Full A/PROM <p>Manual:</p> <ul style="list-style-type: none"> ● Patellar mobs/ Scar STM <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice/stim PRN 	<ul style="list-style-type: none"> ● Lateral walks with sport cord ● Initiate stairmaster/elliptical ● SLS dynamic surfaces ● Single leg strengthening if balance and control is good ● Step downs ● May progress to walk/jog and straight line running at 12 weeks
<p>Phase 4 (16+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Jogging without pain/swelling ● Full ROM ● Return to higher level athletic activities 		<ul style="list-style-type: none"> ● Full A/PROM 	<ul style="list-style-type: none"> ● Continue everything in phase 3 ● Increase running progression ● Advance LE strength and flexibility ● Advance cross training ● Muscular power – squats, split jumps ● Advance plyometric program if has good eccentric capabilities: Jump down, horizontal jump, cutting and decelerations if getting back to sport ● Increase sport-specific activities and training