

Tibial Spine Open Reduction Internal Fixation

Phase I (Weeks 0-4)

- **Weightbearing:** Toe touch weight bearing x 4 weeks
- **Hinged Knee Brace:**
 - Locked in full extension for ambulation and sleeping (**Weeks 0-4**)
- **Range of Motion** – AAROM → AROM as tolerated
- **Therapeutic Exercises**
 - Quad/Hamstring sets
 - Heel slides
 - Non-weightbearing stretch of the Gastroc/Soleus
 - 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:**
 - Unlock brace Week 6
 - 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**
 - Closed chain extension exercises
 - Hamstring curls
 - Toe raises
 - Balance exercises
 - Progress to weightbearing stretch of the Gastroc/Soleus
 - Begin use of the stationary bicycle

Phase III (Weeks 8-16)

- **Weightbearing:** Full weightbearing
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
 - Advance closed chain strengthening exercises, proprioception activities
 - Begin use of the Stairmaster/Elliptical
 - **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