

## *Tibial Spine ORIF Rehabilitation Protocol*

|                                       | <b>WEIGHT BEARING</b>                                    | <b>BRACE</b>  | <b>ROM</b>  | <b>EXERCISES</b>   |
|---------------------------------------|--|---|---|--|
| <b>PHASE I</b><br><b>0-4 Weeks</b>    | <ul style="list-style-type: none"> <li>• TTWB</li> </ul> | <ul style="list-style-type: none"> <li>• Worn at all times locked in extension:</li> <li>- Except when doing exercises or hygiene</li> </ul>                      | <ul style="list-style-type: none"> <li>• Full PROM as tolerated</li> <li>• AAROM only extension</li> <li>• AROM in flexion</li> </ul> | <ul style="list-style-type: none"> <li>• Quad sets, towel rolls, E-stim, quad re-education</li> <li>• SLR with brace in full extension (may do without brace if no lag)</li> <li>• NWB stretch of gastroc/soleus</li> <li>• Heel slides</li> </ul>   |
| <b>PHASE II</b><br><b>4-6 Weeks</b>   | <ul style="list-style-type: none"> <li>• PWB</li> </ul>  | <ul style="list-style-type: none"> <li>• Worn at all times</li> <li>- Except when doing exercises or hygiene</li> <li>- Unlocked 0-45° with ambulation</li> </ul> | <ul style="list-style-type: none"> <li>• Continue ROM as tolerated</li> </ul>   | <ul style="list-style-type: none"> <li>• SLR</li> <li>• Hamstring/hip PREs</li> <li>• Begin proprioception exercises when stable while weightbearing</li> <li>• Begin stationary bike once gain 115° flexion</li> </ul>  |
| <b>PHASE III</b><br><b>6-12 Weeks</b> | <ul style="list-style-type: none"> <li>• FWB</li> </ul>  | <ul style="list-style-type: none"> <li>• Wean from brace</li> <li>- Ok to DC when patient achieves full extension with no evidence of lag</li> </ul>              | <ul style="list-style-type: none"> <li>• Full ROM</li> </ul>  | <ul style="list-style-type: none"> <li>• Continue to progress PRE and proprioceptive exercises</li> <li>• Begin treadmill and elliptical once can demonstrate adequate strength</li> <li>• Closed chain extension exercises</li> </ul>   |
| <b>PHASE IV</b><br><b>3-6 Months</b>  | <ul style="list-style-type: none"> <li>• FWB</li> </ul>  | <ul style="list-style-type: none"> <li>• None vs Functional ACL brace</li> </ul>  | <ul style="list-style-type: none"> <li>• Full ROM</li> </ul>  | <ul style="list-style-type: none"> <li>• Continue strength training</li> <li>• Start straight ahead running at 12 weeks</li> <li>• At 4 months, eval good eccentric quad control with step down test before advancing</li> <li>- Once obtained, progress running, sport-specific activity, agility, and plyometrics</li> <li>• Return to sport after pass functional sport testing and MD clearance</li> </ul> |