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POST-OPERATIVE Tibial Spine Repair

PHASE 1: WEEKS 0-6

Weight bearing:

Week 0-2: TTWB in brace locked in full extension with crutches

Week 3-4: PWB with brace locked in full extension

Week 4-6: WBAT in full extension

Brace: 8 weeks total

Week 0-4: Brace locked in full extension for ambulation and sleeping

Week 5-6: Ok to remove brace when sleeping

Week 4-8: Begin unlocking brace in 30° increments every few days. Unlock by the start of week 8 and d/c brace after week 8

ROM:

Active assist to Active ROM as tolerated starting in week 2

STRONG focus to maintain full extension EARLY

Work on progressive knee flexion

0-90° by week 3

0-125° by week 6

Exercises: Patellar mobilization. Straight leg raises in locked brace until quad activation returns. Quad sets/heel slides. Modalities.

PHASE 2: WEEKS 7-12

ROM: progress to full and painless

Exercises: Advance closed chain strength and proprioception. Begin stationary bike.

At 12 weeks can start straight forward running/treadmill under PT supervision

PHASE 3: WEEKS 13-18

Mini wall squats (0-60°). Lateral lunges/step ups. Hip abduction/adduction. Short-arc leg press. Stair master, Elliptical, Bike

PHASE 4: 5-6 MONTHS

Gradual return to sport

Initiate plyometric program. Agility progression, Running progression. Sports specific drills

Elisabeth C. Robinson, MD

Date