

REHABILITATION GUIDELINES FOR TIBIAL PLATEAU FRACTURE

Phase 1 (Weeks 1-6)

Appointments	<ul style="list-style-type: none"> • Dr. Cien follow up visit at 2 weeks post op • Begin physical therapy for knee ROM at 2 weeks post op
Rehabilitation Goals	<ul style="list-style-type: none"> • Maintain knee EXT to allow incisions to heal and prevent knee flexion contracture • Maintain NWB x 6 weeks (okay to place foot on ground for balance in standing) or as cleared by Dr. Cien • 90 degrees flexion by 6 weeks post op • Pain and edema control
Precautions	<p>WB:</p> <ul style="list-style-type: none"> • NWB (okay to place foot down for balance in standing) x 6 weeks • TTWB at weeks 6-12 <p>Brace:</p> <ul style="list-style-type: none"> • Hinged brace unlocked 0-90 degrees x 6 weeks • DC brace at 6 weeks but maintain TTWB for weeks 6-12
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Knee PROM and AAROM to 90 degrees flexion • Quad strengthening to gain full knee extension; use of NMES if indicated • Global LE stretching • CKC hip strengthening on uninvolved side • Multi-plane ankle strengthening NWB • Core strengthening
Cardiovascular Exercises	<ul style="list-style-type: none"> • Upper body ergometer
Progression Criteria	<ul style="list-style-type: none"> • 90 degrees knee flexion • Full knee extension

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PHASE II (WEEKS 6-12)

Appointments	<ul style="list-style-type: none"> • Dr. Cien follow up at week 6 • Continue physical therapy 2 x week
Rehabilitation Goals	<ul style="list-style-type: none"> • Regain full knee ROM • Normalize gait out of brace • Strengthening of LE's and core • Pain and edema control
Precautions	<ul style="list-style-type: none"> • TTWB weeks 6-12 (unless otherwise indicated by Dr. Cien)
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • AROM knee flexion • Aggressive gait training IF cleared by Dr. Cien at week 8 as follows: <ul style="list-style-type: none"> - Week 8: TTWB - Week 9: 25% WB - Week 10: 50% WB - Week 11: 75% WB - Week 12: FWB • Progressive LE strengthening including quads, hamstrings, hips <ul style="list-style-type: none"> - Total Gym - Bridges - Calfraises - SLS - Core strengthening - Pool exercises for strengthening
Cardiovascular Exercises	<ul style="list-style-type: none"> • Poolwalking • Upper body ergometer • Stationary bike • Treadmill when FWB
Progression Criteria	<ul style="list-style-type: none"> • Full ROM of knee

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PHASE III (12 WEEKS - 6 MONTHS)

Appointments	<ul style="list-style-type: none"> • Dr. Cien follow up at 6 months • Continue physical therapy 1- 2 x week
Rehabilitation Goals	<ul style="list-style-type: none"> • Full ROM knee flexion and extension • Strength 80% of uninvolved leg by week 16 • Normalize gait without AD • pain and edema control
Precautions	<ul style="list-style-type: none"> • None unless otherwise indicated by MD
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Progress ankle, knee, hip strength • Total Gym to leg press; double leg to single leg • 4 way hip progression • Bridges, ball curls, deadlifts, stool scoots • Lunges, squats • Core strengthening • Progress balance exercises once WB • Begin pool running at week 16, progress to land as able
Cardiovascular Exercises	<ul style="list-style-type: none"> • Pool • UBE • Treadmill walking, progress to running in pool at week 16 then running on treadmill as able
Progression Criteria	<ul style="list-style-type: none"> • Gait normalized without AD • Strength 80% of uninvolved leg • Progress to Phase IV at 6 months post op

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PHASE IV (6 MONTHS - 12 MONTHS)

Appointments	<ul style="list-style-type: none"> • Follow up with Dr. Cien at 6 months • Continue physical therapy as needed 1-2 x/week for progression to independent gym/HEP
Rehabilitation Goals	<ul style="list-style-type: none"> • Return to sport
Precautions	<ul style="list-style-type: none"> • None unless otherwise indicated by Dr. Cien
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Implement sport specific, multidirectional drills • Begin bilateral plyometrics, progress to unilateral • Continue with aggressive LE strength progression
Cardiovascular Exercises	<ul style="list-style-type: none"> • Treadmill running, bike, UBE
Progression Criteria	<ul style="list-style-type: none"> • Independent with HEP • Passing score on return to sport test with low risk of re-injury reported • Return to sport