



TIBIAL PLATEAU ORIF

Post-Operative Rehabilitation Protocol

0-6 Weeks:

- Non-weight bearing (NWB) for 6 weeks using crutches
- Brace kept locked in extension
- Range of motion (ROM) limited to 0-90° (Passive, Active Assist)
- Focus on quad sets, ankle pumps
- After 2 weeks, begin floor-based exercises for core, hip, and glutes, along with patellar mobilization and straight leg raises (SLR)
- Gradually progress non-weight bearing flexibility and use of modalities

6-8 Weeks:

- Start weight-bearing as tolerated (WBAT) progression, advancing to partial weight-bearing (PWB) at 25%, then 50% starting at 6 weeks
- Discontinue crutches once gait is normalized and non-antalgic
- Discontinue brace once WBAT without crutches; can unlock the brace during transition off crutches starting at 6 weeks post-op
- Full active/passive ROM, progress as tolerated
- Advance closed-chain quads, focus on balance progression
- Core/pelvic stability exercises
- Begin stationary bike at 6 weeks
- Increase SLR and continue floor-based exercises for hip/core

8-16 Weeks:

- Progress to full WBAT by 8 weeks
- Continue flexibility and strengthening progression
- Focus on improving functional balance, core, and glute strength
- Advance stationary bike, add elliptical at 12 weeks as tolerated; swimming is allowed at 12 weeks

>16 Weeks:

- Transition to Phase IV activities
- Begin functional training, including impact exercises, after 20 weeks with physician clearance

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery