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## **Tibial Plateau ORIF Protocol**

### **0-6 Weeks Post Op**

- Non weight bearing x 6 weeks
- Brace 0-90° (unlocked) for 6 weeks (unless otherwise specified)
- Pain/edema control, modalities as needed
- Knee PROM and AAROM to 90 degrees
- Quad strengthening to gain full extension
- SLR in brace at 0° until quad can maintain knee locked
- Heel slides in brace
- Obtain full extension if lacking
- Core strengthening
- Upper body ergometer
- BFR- Initiate after post op day 14

### **6-12 Weeks Post Op**

- Regain full ROM
- Pain/edema control, modalities as needed
- Toe touch weight bearing with crutches weeks 6-8
- Advance 25% weekly weight bearing and progress to full weight bearing
- Discontinue brace at 6 weeks
- Normalize gait mechanics
- Progress open/closed chain exercises as tolerated
- Isokinetics exercises
- Core strengthening

### **12 Weeks– 6 Months Post Op**

- Full ROM flexion and extension
- Strength 80% of uninjured leg by week 16
- Normalize gait
- Progress balance exercises
- Progress with strengthening
- Pool exercises for strengthening (pool running at week 16)
- Core strengthening

### **6 Months- 12 Months**

- Implement sport specific, multidirectional drills
- Begin bilateral plyometrics, progress to unilateral



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- Continue with aggressive lower extremity strength progression
- Clearance from physician prior to return to sport