



Tibial Plateau ORIF

Post-Operative Rehabilitation Protocol

0-6 weeks

- NWB for 6 weeks with crutches
- Brace locked in extension
- ROM 0–90 (Passive, Active Assist)
- Quad sets, ankle pumps
- 2 weeks: Begin floor-based core, hip and glutes work and patellar mobilization and SLR, Progress non-weight bearing flexibility, modalities.

6-8 weeks

- Begin WBAT progression advance to PWB (25% then 50%) starting at 6 weeks
- Discontinue crutches when gait normalized and non-antalgic
- Discontinue brace once WBAT without crutches. Can unlock the brace while transitioning off of crutches beginning at 6 weeks post-op.
- Full unlimited Active/Passive ROM. Advance as tolerated
- Advance closed chain quads, progress balance
- Core/pelvic and stability work
- Begin stationary bike at 6 weeks
- Advance SLR, floor-based exercise; hip/core

8-16 weeks

- Advance to full WBAT by 8 weeks
- Progress flexibility/strengthening
- Progression of functional balance, core, glutes program
- Advance bike, add elliptical at 12 weeks as tolerated. Swimming okay at 12 weeks

>16 weeks

- Advance Phase IV activity
- Progress to functional training, including impact activity after 20 weeks when cleared by MD

Weight Bearing Status

NWB x 6 weeks

Brace Settings

Locked straight x 6 weeks when ambulating or sleeping.

ROM Restrictions

PROM 0-90° beginning POD 1



Exercise	Week														
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Initial Exercises:															
ROM Goals	0-90°				0-125°				Progress to full						
Flexion/extension, heel slides/seated	[Green bar]														
Patella/Tendon mobilization	[Green bar]														
Quad Series	0° ISOs, SLR				60° ISO				70-30° arc-resisted			Full arc resisted			
Hamstring series/strength progression	ISOS, hip based				Knee-based resisted arc				[Green bar]						
Sit and reach for hamstrings	[Green bar]														
Ankle Pumps	[Green bar]														
Crutch weaning	NWB						Begin WBAT progress to full by 8 weeks				[Green bar]				
Heel prop knee extension stretch	[Green bar]														
SLR (w/ brace until quad control restored)	[Green bar]														
Toe and heel raises	[Green bar]														
Balance series	[Green bar]														
Weight-bearing Strength Exercises:															
Double knee bends	[Green bar]					NWB				[Green bar]					
Leg Bridges (2 → 1 leg)	[Green bar]					NWB				[Green bar]					
Begin cord exercises	[Green bar]					NWB				[Green bar]					
Leg press (ISO → reps, 2 → 1 leg)	[Green bar]					NWB				[Green bar]					
Reverse lunge- static hold	[Green bar]					NWB				[Green bar]					
Dead Lift (2 → 1 leg)	[Green bar]					NWB				[Green bar]					
Sports Test exercises	[Green bar]					NWB				[Green bar]					
Cardiovascular Exercises:															
Bike with both legs-no resistance	[Green bar]					NWB				[Green bar]					
Bike with both legs- resistance	[Green bar]					NWB				[Green bar]					
Aqua jogging	[Green bar]					NWB				[Green bar]					
Treadmill-walking (no limp)	[Green bar]					NWB				[Green bar]					
Swimming with fins-light flutter kick	[Green bar]					NWB				[Green bar]					
Elliptical Trainer	[Green bar]					NWB				[Green bar]					
Stair stepper	[Green bar]					NWB				[Green bar]					
*Cardio Exercises	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)														
Agility Exercises:															
Running Progression	[Green bar]					NWB				[Green bar]					
Initial-Single Plane	[Green bar]					NWB				[Green bar]					
Advance-Multi Directional	[Green bar]					NWB				[Green bar]					
Functional Sports Test	[Green bar]					NWB				[Green bar]					
High Level Activities:															
Golf Progression	[Green bar]					NWB				[Green bar]					
Outdoor biking, hiking, running	[Green bar]					NWB				[Green bar]					
Return to Full Sport at 6-8 months post-op	[Green bar]					NWB				[Green bar]					

Adapted from post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS



Quad Series:

