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Tibial Spine ORIF Rehabilitation Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 Weeks	<ul style="list-style-type: none"> • TTWB 	<ul style="list-style-type: none"> • Worn at all times locked in extension: - Except when doing exercises or hygiene 	<ul style="list-style-type: none"> • Full PROM as tolerated • AAROM only extension • AROM in flexion 	<ul style="list-style-type: none"> • Quad sets, towel rolls, E-stim, quad re-education • SLR with brace in full extension (may do without brace if no lag) • NWB stretch of gastroc/soleus • Heel slides
PHASE II 4-6 Weeks	<ul style="list-style-type: none"> • PWB 	<ul style="list-style-type: none"> • Worn at all times - Except when doing exercises or hygiene - Unlocked 0-45° with ambulation 	<ul style="list-style-type: none"> • Continue ROM as tolerated 	<ul style="list-style-type: none"> • SLR • Hamstring/hip PREs • Begin proprioception exercises when stable while weightbearing • Begin stationary bike once gain 115° flexion
PHASE III 6-12 Weeks	<ul style="list-style-type: none"> • FWB 	<ul style="list-style-type: none"> • Wean from brace - Ok to DC when patient achieves full extension with no evidence of lag 	<ul style="list-style-type: none"> • Full ROM 	<ul style="list-style-type: none"> • Continue to progress PRE and proprioceptive exercises • Begin treadmill and elliptical once can demonstrate adequate strength • Closed chain extension exercises
PHASE IV 3-6 Months	<ul style="list-style-type: none"> • FWB 	<ul style="list-style-type: none"> • None vs Functional ACL brace 	<ul style="list-style-type: none"> • Full ROM 	<ul style="list-style-type: none"> • Continue strength training • Start straight ahead running at 12 weeks • At 4 months, eval good eccentric quad control with step down test before advancing - Once obtained, progress running, sport-specific activity, agility, and plyometrics • Return to sport after pass functional sport testing and MD clearance



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