



THE ORTHOPEDIC PARTNERS  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

## TIBIAL PLATEAU FRACTURE POST-OPERATIVE PROTOCOL

### PHASE I – MAXIMUM PROTECTION

#### WEEKS 0-1:

- Ice and modalities to reduce pain and inflammation
- Use crutches **non-weight bearing for 6-10 weeks, depending on severity of fracture**
- **Brace – full range of motion**
- Elevate the knee above the heart for the first 3-5 days
  - Exercises:
    - Initiate patella mobility drills
    - Begin full passive/active knee range of motion exercises
    - Quadriceps setting focusing on VMO restoration
    - Multi-plane open kinetic chain straight leg raising
    - Gait training with crutches (NWB)

### PHASE II – PROGRESSIVE STRETCHING AND EARLY STRENGTHENING

#### WEEKS 1-6:

- Maintain program as outlined in weeks 0-1
  - Use crutches **non-weight bearing**
  - **Brace – full range of motion**
- Continue with modalities to control inflammation
  - Exercises:
    - Initiate global lower extremity stretching program
    - Begin stationary bike and pool exercise program (when incisions healed)
    - Implement reintegration exercises emphasizing core stability
    - Closed kinetic chain multi-plane hip strengthening on uninvolved side
    - Manual lower extremity PNF patterns
    - Proprioception drill emphasizing neuromuscular control
    - Multi-plane ankle strengthening

### PHASE III – STRENGTHENING AND PROPRIOCEPTIVE PHASE

#### WEEKS 6-8:

- Modalities as needed
- Continue with Phase II exercises as indicated
  - Weight bearing (depends on specific fracture):
    - Begin partial weight bearing at 25% of body weight and increase by 25% approximately every 3 days. May progress to one crutch at 7 1/2 weeks as tolerated, gradually wean off of crutches by weeks 8 – 9

#### WEEKS 9-10:

- Normalize gait pattern
  - Exercises:
    - Advance stationary bike program; begin treadmill walking and elliptical trainer; Avoid running and impact activity



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- Initiate closed kinetic chain exercises progressing bilateral to unilateral
- Initiate proprioception training

## **PHASE IV – ADVANCED STRENGTHENING AND INITIATION OF PLYOMETRIC DRILLS**

### **WEEKS 10-16:**

- Exercises:
  - Initiate gym strengthening-beginning bilateral progressing to unilateral
    - Leg press, heel raises, hamstring curls, squats, lunges, knee extensions (30° to 0° progressing to full range as PF arthrokinematics normalize)

### **WEEKS 16-20:**

- Exercises:
  - Continue with advanced strengthening
  - Begin functional cord program
  - Begin pool running program progressing to land as tolerated

## **PHASE V – RETURN TO SPORT FUNCTIONAL PROGRAM**

### **WEEKS 20-24:**

- Follow-up examination with physician at 6 months
  - Exercises:
    - Implement sport specific multi-directional drills and bilateral plyometric activity progressing to unilateral as tolerated
    - Continue with aggressive lower extremity strengthening, cardiovascular training, and flexibility
    - Sports test for return to play