

Physical Therapy Prescription

Tibia Plateau ORIF REHABILITATION PROTOCOL				
TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-6 weeks	Strict Non-weight bearing with crutches	Work towards full ROM. Focus on re-gaining extension	None	Quad sets, straight leg raises. Core Strengthening. Patellar mobilization. Do not force passive flexion.
6-12 weeks	Strict Non-weight bearing with crutches	Work towards full ROM	None	Continue previous exercises. Ok to add gentle passive flexion. Closed chain exercises.
12+ weeks	Gradual transition to full weight bearing. Advance 25% per week with crutches until full.	Full ROM	None	Gradually increase to return to full activities at 4 months.

*****Begin Physical Therapy 1 week post-op. Take this to your Therapist**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____ Surgery Date: _____</p> <p>Surgery Performed (circled) Side (circled): Right Left ORIF Lateral Tibia Plateau ORIF Medial Tibial Plateau Meniscus Repair</p> <p>Physical therapy to evaluate and treat for post op Tibial Plateau ORIF using the above protocol. 1-2x per week for 12 weeks.</p> <p>Notes: _____</p> <p>MD Signature: _____</p>
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