Connecticut Orthopaedics

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Tibial Plateau ORIF
Post-Operative Protocol

Phase I – Maximum Protection

Weeks 0 to 1:

- Use crutches. Non-weightbearing for 6 weeks.
- Brace – locked in extension for 6 weeks

Manual therapy

- Ice and modalities to reduce pain and inflammation
- Initiate patella mobility manual techniques

Exercise progression

- Begin full passive/AA knee range of motion exercises
- Quadriceps setting focusing on VMO restoration
- Multi-plane open kinetic chain straight leg raising
- Gait training with crutches (NWB)

Weeks 1 to 6:

- Use crutches. Non-weightbearing for 6 weeks.
- Brace – locked in extension for 6 weeks

Exercise progression

- Initiate global lower extremity stretching program
- Begin stationary bike and pool exercise program (when incisions healed)
- Implement reintegration exercises emphasizing core stability
- Multi-plane ankle strengthening
- Deep water pool program

Phase II – Strengthening and Proprioception

Weeks 6 to 8:

- Crutches: at 7 ½ weeks may progress to one crutch as tolerated. Gradually wean off crutches by week 8 to 9.
- Begin partial weight bearing at 25% of body weight and increase by 25% approximately every 3 days.

Weeks 9 to 12:

Goals

- Normalize gait pattern

Exercise progression

- Advance stationary bike program
- Begin treadmill walking and elliptical trainer. Avoid running and impact activity.
- Initiate closed kinetic chain exercises - progressing bilateral to unilateral
- Gym strengthening: leg press, hamstring curls, mini-squats and calf raises
- Step-up progression
- Proprioception training

Phase III – Advanced Strengthening and Initiation of Plyometric Drills

Weeks 12 to 16:

Exercise progression

- Advanced closed chain and gym strengthening
- Begin linear impact progression – begin in pool and progress to dry land
- Begin shallow water pool running program - progressing to land as tolerated

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Phase IV – Return to Sport Functional Program

Weeks 16 to 24:

Exercise progression

- Advance linear running progressing to multidirectional agility drills
- Plyometric progression

Sports test and follow-up with physician

- Follow-up appointment with physician
- Sports test for return to play

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