

TIBIAL PLATEAU OPEN REDUCTION INTERNAL FIXATION (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

Revised 9/2015