



## **Tibial Spine Arthroscopic Reduction Internal Fixation**



### **Phase I (Weeks 0-4)**

- **Weightbearing:** Toe touch weight bearing x 4 weeks
- **Hinged Knee Brace:**
  - Locked in full extension for ambulation and sleeping (**Weeks 0-4**)
- **Range of Motion** – AAROM → AROM as tolerated
- **Therapeutic Exercises**
  - Quad/Hamstring sets
  - Heel slides
  - Non-weightbearing stretch of the Gastroc/Soleus
  - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag



### **Phase II (Weeks 4-8)**

- **Weightbearing:** Start partial weightbearing and progress to full weightbearing by 6 weeks without crutches
- **Hinged Knee Brace:**
  - Unlock brace Week 6
  - Discontinue brace use when patient has achieved full extension with no evidence of extension lag or by week 8
- **Range of Motion** – Maintain full knee extension – work on progressive knee flexion
- **Therapeutic Exercises**
  - Closed chain extension exercises
  - Hamstring curls
  - Toe raises
  - Balance exercises
  - Progress to weightbearing stretch of the Gastroc/Soleus
  - Begin use of the stationary bicycle



### **Phase III (Weeks 8-16)**

- **Weightbearing:** Full weightbearing
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
  - Advance closed chain strengthening exercises, proprioception activities
  - Begin use of the Stairmaster/Elliptical
  - **Can Start Straight Ahead Running at 12 Weeks**



### **Phase IV (Months 4-6)**

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance