

Tibial Plateau Fracture ORIF Rehabilitation Protocol

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Patient: _____ **DOS:** _____

Surgeon Parameters

Touch-down until _____ wks (default 6) WBAT: ☐ Hinged brace: ☐	Other Precautions:
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Early knee motion is the priority; no CPM. Parameters above are patient-specific and supersede the general timeframes below; loading advances with radiographic healing and surgeon clearance.

Phase	Weight Bearing & Immobilization	Motion	Strengthening & Function
Phase 1 <i>Weeks 0–6</i>	Weight Bearing & Immobilization - Foot-flat touch-down (≈20 lb) with crutches If WBAT: walker or crutches, wean as gait allows If hinged brace: unlocked 0–90° for walking; off at 6 wks	Motion - Knee AROM/AAROM/PROM 0–90° wks 0–4, then progress as tolerated - Full extension is the priority; patellar mobilization	Strengthening & Function - Quad sets, SLR without lag, heel slides, hip and core - BFR from 2 wks if available
► Advance to Phase 2 when: healing on 6-wk radiographs, full extension, SLR without lag.			
Phase 2 <i>Weeks 6–12</i>	Weight Bearing & Immobilization - Progress to full over 2 wks (two crutches → one → none) - Brace discontinued	Motion Full ROM as tolerated	Strengthening & Function - Weight-bearing strengthening; open-chain progression - Gait normalization, balance; bike and pool from 6 wks - No impact
► Advance to Phase 3 when: normal gait, full ROM, union progressing.			
Phase 3 <i>Weeks 12–24</i>	Weight Bearing & Immobilization No restrictions once united	Motion Maintain full ROM	Strengthening & Function - Strength ≥80% of the other side by ≈4 mo - Running and hopping ≈4–6 mo with union and strength ≥80%
► Full Release (typically 5–6 months): radiographic union, full functional ROM, quad and hamstring strength ≥90% of the other side for sport, cleared by physician.			

Thank you for taking care of our patient.

This protocol serves as a general guideline and outline only. Our team defers to the clinical judgment and expertise of the treating physical therapist to make appropriate adjustments and modifications based on the individual patient's presentation, progress, and response to treatment. For any questions regarding this protocol, please contact Dr. Wollenman directly at (561) 215 – 0184.