

Rehabilitation Protocol: **ORIF Tibial Plateau Fracture**

	Weight Bearing	ROM	Brace Use	Therapeutic Elements
PHASE I 0 - 4 weeks	Touch-down weight bearing (TDWB) with crutches.	Obtain full extension now. Advance flexion as tolerated. Goal: at least 90° by 4weeks. PROM: 90° flexion at each therapy session.	Brace locked until first postop visit. PT may unlock brace to match gains in flexion. Locked for sleep.	Modalities as needed. Heel slides, quad and hamstring sets, patella mobilizations, gastroc /soleus stretch (NWB). SLR with brace locked in full extension until patient has no extension lag with SLR, then unlock brace. Start BFR training.
4 - 6 weeks	TDWB with crutches.	Maintain full extension. Advance to full flexion. Goal of 0-120° by 6 weeks.	Brace unlocked. Lock in extension for sleep.	May add prone hangs and extension board as needed.
PHASE II 6 - 8 weeks	50% WB x 1 week, then advance by 25% per week as tolerated.	Full A/ROM.	Brace unlocked. Remove for sleep.	Start SLR out of brace. Progressive closed chain exercises. Continue BFR. May add stationary bicycle without resistance.
PHASE III 8 - 12 weeks	FWB. Wean off crutches.	Full A/PROM.	Discontinue brace.	Advance closed chain exercises. Stationary bicycle with resistance.
PHASE 12 - 16 weeks	FWB.	Full A/PROM.	None.	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
PHASE IV 4 - 6 months	FWB.	Full ROM.	None.	Start jogging progression as tolerated. Anticipated return to sports after 6 months.