

Tibial IM Nailing - Standard

| Name: | | DOB: | |
|-------|---------------------|-------|--|
| Dr: | Emily Whicker, M.D. | Date: | |

ROM RESTRICTIONS

Full range of motion

BOOT

X 3-4 weeks

Weight Bearing status

TTWB x 2 weeks, wean x 1 week, FWB after 3 weeks

T.E.D Hose

x 2 weeks

TIMELINES

Week 1(1-7 POD) Week 2(8-14 POD) Week 3(15-21POD) Week 4(22-28POD)

| ●= Do exercise for that week Week | | | | | | | | | | | | | | |
|---|----------|---|---|----------|----------|----------|---|---|---|----|----|----|----------|----|
| ●= Do exercise for that week Initial Exercises | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
| Patella/Tendon Mobilizations | 1 | • | • | - | J | U | • | 0 | 9 | 10 | 13 | 17 | 21 | 23 |
| Flexion/Extension – Seated/Wall Slide | — | • | • | | | | | | | | | | | |
| Extension Heel Prop | | • | • | | | | | | | | | | | |
| Quad Series (E-Stim, BFR) | • | • | • | | | | | | | | | | | |
| Hamstring Set | - | • | | | | | | | | | | | | |
| Calf Stretch with Strap | • | • | • | | | | | | | | | | | |
| Ankle pumps | - | • | | | | | | | | | | | | |
| Toe and Heel Raises | + | | • | | | | | | | | | | | |
| Weight Shifts & Crutch Walking | | | | | | | | | | | | | | |
| Single Leg Balance | | | • | • | • | • | • | • | • | • | | | | |
| Cardiovascular Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
| Stationary Bike | | • | • | • | • | • | • | • | • | • | • | • | • | • |
| Aqua Jogging | + | | | • | • | • | • | • | • | • | • | • | • | • |
| Treadmill – Walking | | | | | | | | • | • | • | • | • | • | • |
| Swimming with Fins | | | | | | | | • | • | • | • | • | • | • |
| Elliptical/Rowing | | | | | | | | | | • | • | • | • | • |
| Weight Bearing Strength | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
| Leg Press – Double Leg | | _ | | • | • | • | • | • | • | • | | •• | | |
| Squats – Double Leg | | | | • | • | • | • | • | • | • | | | | |
| Deadlifts – Double Leg | | | | • | • | • | • | • | • | • | | | | |
| Heel Raises – Double Leg | | | | • | • | • | • | • | • | • | | | | |
| Standing Hamstring Curl | | | | • | • | • | • | • | • | • | | | | |
| Band Walking | | | | • | • | • | • | • | • | • | | | | |
| Isometric Wall Sit @ 90,60,45° | | | | • | • | • | • | • | • | • | | | | |
| Bridging – Double Leg | | | | • | • | • | • | • | • | • | | | | |
| Leg Press – Single Leg | | | | | | | | • | • | • | • | • | | |
| Reverse Lunge Static Hold | | | | | | | | • | • | • | • | • | | |
| Deadlift – Single Leg | | | | | | | | • | • | • | • | • | | |
| Ball & Single Leg Bridging | | | | | | | | • | • | • | • | • | | |
| Rear Leg Elevated Split Squat | | | | | | | | | | • | • | • | • | |
| Lunges – Walking & Slide Disc | | | | | | | | | | • | • | • | • | |
| Front Step Up | | | | | | | | | | • | • | • | • | |
| Heel Raises – Single Leg | | | | | | | | | | • | • | • | • | |
| Side Planks | | | | | | | | | | • | • | • | • | |
| Sliding Leg Curl – Double Leg | | | | | | | | | | • | • | • | • | |
| Advanced Balance Training | | | | | | | | | | • | • | • | • | • |
| Squat – Single Leg | | | | | | | | | | | • | • | • | • |
| Front Step Down | | | | | | | | | | | • | • | • | • |
| Single Leg Box Drives | | | | | | | | | | | • | • | • | • |
| Single Leg Squat Y Excursions | | | | | | | | | | | | • | • | • |
| Sliding Leg Curl – Single Leg | | | | | | | | | | | | • | • | • |
| Nordic Hamstring Curls | | | | | | | | | | | | • | • | • |
| | | 1 | l | <u> </u> | <u> </u> | <u> </u> | l | l | l | 1 | | | <u> </u> | |

| | Dhyomatriae | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 17 | 21 | 25 |
|--|---|---|---|---|---|---|---|---|---|---|----|----|----|-----|----|
| | Plyometrics | 1 | | 3 | 4 | Э | 0 | , | 0 | 9 | 10 | 13 | 17 | • | 25 |
| | Vertical Squat Jump – Double Leg Horizontal Broad Jump – Double Leg | | | | | | | | | | | | • | • | |
| Recommended | Lateral Jump – Double Leg | | | | | | | | | | | | • | • | • |
| Criteria to Initiate | Vertical/Broad/Lateral Jumps – Double | | | | | | | | | | | | | | |
| Impact Activities & Running | Leg to Single Leg Land | | | | | | | | | | | | • | • | • |
| D: 0/40 | Jump Lunges | | | | | | | | | | | | • | • | • |
| Pain < 2/10 | Box Drop – Double Leg | | | | | | | | | | | | • | • | • |
| Full Active Knee | Continuous Broad Jumping – Double Leg | | | | | | | | | | | | • | • | • |
| Extension | Vertical/Broad Jumps – Single Leg to Single Leg Land | | | | | | | | | | | | | • | • |
| Knee flexion ROM ≥ 95% of | Lateral Skater Hops – Single Leg | | | | | | | | | | | | | • | • |
| Uninvolved Side | Box Drop – Single Leg | | | | | | | | | | | | | • | • |
| 0 | Continuous Broad Jumping - Single Leg | | | | | | | | | | | | | | |
| Quad LSI <u>></u> 70% HS LSI > 70% | (Triple, Crossover, 6m Timed) | | | | | | | | | | | | | | _ |
| _ | Box Drop Jumps – Double Leg | | | | | | | | | | | | | • | • |
| Quad/BW <u>></u> 60% | Box Drop Jumps – Single Leg | | | | | | | | | | | | | | • |
| Functional Hop & | Return to Running | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
| Power Tests | Walk/Jog Program | | | | | | | | | | | | • | • | • |
| LSI <u>></u> 70% | Running Progression | | | | | | | | | | | | | • | • |
| IKDC <u>></u> 64% | Sprinting Progression | | | | | | | | | | | | | | • |
| | Agility | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
| December de d | Quick Taps on Step | | | | | | | | | | | | • | • | • |
| Recommended Criteria to Initiate | Standing Mountain Climbers at Wall | | | | | | | | | | | | • | • | • |
| Return to Sport | Shuffling & Grapevine | | | | | | | | | | | | • | • | • |
| Quad LSI ≥ 90% | Back Pedaling | | | | | | | | | | | | • | • | • |
| HS LSI <u>></u> 100% | Agility Ladder Drills | | | | | | | | | | | | • | • | • |
| | Single Leg Hopping (Clock, Square) | | | | | | | | | | | | • | • | • |
| HS/QS ≥ 60% | Skipping/Bounding | | | | | | | | | | | | | • | • |
| Quad/BW | Deceleration Drills | | | | | | | | | | | | | • | • |
| Female: <u>></u> 80% Male: > 85% | Cone Drills | | | | | | | | | | | | | • | • |
| Wale. <u>></u> 05 % | Sport Specific Drills | | | • | | - | _ | _ | | | 40 | 40 | 4= | 0.1 | - |
| Functional Hop & | Return to Sport | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 13 | 17 | 21 | 25 |
| Power Tests LSI ≥ 90% | Golf – Putt | | | | • | • | • | • | • | • | • | • | • | • | • |
| 201 2 00 70 | Chip | | | | | | | | | • | • | | • | • | • |
| Y-Balance Anterior Reach | Irons | | | | | | | | | | | • | • | • | • |
| Distance < 4 cm | Drivers Play a Round | | | | | | | | | | | • | • | • | • |
| | Hiking – Easy | | | | | | | | | | | | • | | • |
| IKDC ≥ 90% | Hiking – Lasy Hiking – Moderate | | | | | | | | | | | | | • | • |
| ACL-RSI <u>></u> 60% | Hiking – Difficult | | | | | | | | | | | | | | • |
| _ | Backpacking | | | | | | | | | | | | | | |
| | Road Biking – Flat | | | | | | | | | | | | • | • | • |
| | Road Biking – Hills | | | | | | | | | | | | | • | • |
| | Gravel Biking | | | | | | | | | | | | | | • |
| | Mountain Biking – Cross Country | | | | | | | | | | | | | • | • |
| | Mountain Biking – Downhill | | | | | | | | | | | | | | • |
| | Snowshoeing, Nordic Skiing – Classic | | | | | | | | | | | | • | • | • |
| | Nordic Skiing – Skate | | | | | | | | | | | | | • | • |
| | Alpine Skiing, Snowboarding, | | | | | | | | | | | | | | |
| | Basketball, Tennis, Football, Soccer | | | | | | | | | | | | | | _ |