

#### **Tibial Plateau ORIF**

Name:		DOB:	
Dr:	Fmily Whicker M D	Date:	

### ROM RESTRICTIONS

0-90° x 4 weeks then full ROM

# BRACE SETTINGS

0-90° x 4 weeks then unlocked

# Weight Bearing status

TTWB x 6 weeks, wean x 1 week, FWB after 7 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		ек 2	3	4	5	6	7	8	9	10	13	17	21	25
Patella/Tendon Mobilizations	1	•	•	•	•	•	•	0	3	10	13	.,	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	•		3	7	•	•	•	•	•	•	•	•	•	2.5
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	•		3	7	3	U	•	•	•	•	13	.,	21	23
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	+											•		
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	Plyometrics	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Vertical Squat Jump – Double Leg	'		3	4	J	0	,	0	9	10	13	•	•	23
	Horizontal Broad Jump – Double Leg												•	•	•
Recommended	Lateral Jump – Double Leg													•	•
Criteria to Initiate Impact Activities	Vertical/Broad/Lateral Jumps – Double													_	
& Running	Leg to Single Leg Land													•	•
D-i- 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														
Knee flexion ROM	Single Leg Land														
≥ 95% of	Lateral Skater Hops – Single Leg														•
Uninvolved Side	Box Drop – Single Leg														•
Quad LSI <u>&gt;</u> 70%	Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed)														•
HS LSI <u>&gt;</u> 70%	Box Drop Jumps – Double Leg														•
Quad/BW <u>&gt;</u> 60%	Box Drop Jumps – Single Leg														•
Functional Llan 9	Return to Running	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Functional Hop & Power Tests	Walk/Jog Program												•	•	•
LSI <u>&gt;</u> 70%	Running Progression													•	•
IKDC <u>&gt;</u> 64%	Sprinting Progression														•
1100 <u>&gt;</u> 0470	Agility	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Quick Taps on Step												•	•	•
Recommended	Standing Mountain Climbers at Wall												•	•	•
Criteria to Initiate Return to Sport	Shuffling & Grapevine												•	•	•
	Back Pedaling													•	•
Quad LSI ≥ 90% HS LSI ≥ 100%	Agility Ladder Drills													•	•
H3 L3I <u>&gt;</u> 100%	Single Leg Hopping (Clock, Square)													•	•
HS/QS ≥ 60%	Skipping/Bounding														•
Quad/BW	Deceleration Drills														•
Female: <u>&gt;</u> 80%	Cone Drills														•
Male: <u>&gt;</u> 85%	Sport Specific Drills														•
Functional Hop &	Return to Sport	1	2	3	4	5	6	7	8	9	10	13	17	21	25+
Power Tests	Golf – Putt								•	•	•	•	•	•	•
LSI <u>&gt;</u> 90%	Chip										•	•	•	•	•
Y-Balance	Irons											•	•	•	•
Anterior Reach	Drivers												•	•	•
Distance ≤ 4 cm	Play a Round													•	•
IKDC ≥ 90%	Hiking – Easy												•	•	•
ACL BSL 609/	Hiking – Moderate													•	•
ACL-RSI <u>&gt;</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														•