

## Tibial Plateau ORIF

### Recommended Criteria to Initiate Impact Activities & Running

Pain  $\leq$  2/10

Full Active Knee Extension

Knee flexion ROM  $\geq$  95% of Uninvolved Side

Quad LSI  $\geq$  70%  
HS LSI  $\geq$  70%

Quad/BW  $\geq$  60%

Functional Hop & Power Tests  
LSI  $\geq$  70%

IKDC  $\geq$  64%

### Recommended Criteria to Initiate Return to Sport

Quad LSI  $\geq$  90%  
HS LSI  $\geq$  100%

HS/QS  $\geq$  60%

Quad/BW  
Female:  $\geq$  80%  
Male:  $\geq$  85%

Functional Hop & Power Tests  
LSI  $\geq$  90%

Y-Balance  
Anterior Reach  
Distance  $\leq$  4 cm

IKDC  $\geq$  90%

ACL-RSI  $\geq$  60%

Plyometrics	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Vertical Squat Jump – Double Leg												●	●	●
Horizontal Broad Jump – Double Leg												●	●	●
Lateral Jump – Double Leg												●	●	●
Vertical/Broad/Lateral Jumps – Double Leg to Single Leg Land													●	●
Jump Lunges													●	●
Box Drop – Double Leg													●	●
Continuous Broad Jumping – Double Leg													●	●
Vertical/Broad Jumps – Single Leg to Single Leg Land														●
Lateral Skater Hops – Single Leg														●
Box Drop – Single Leg														●
Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed)														●
Box Drop Jumps – Double Leg														●
Box Drop Jumps – Single Leg														●
Return to Running	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Walk/Jog Program												●	●	●
Running Progression													●	●
Sprinting Progression														●
Agility	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Quick Taps on Step												●	●	●
Standing Mountain Climbers at Wall												●	●	●
Shuffling & Grapevine												●	●	●
Back Pedaling													●	●
Agility Ladder Drills													●	●
Single Leg Hopping (Clock, Square)													●	●
Skipping/Bounding														●
Deceleration Drills														●
Cone Drills														●
Sport Specific Drills														●
Return to Sport	1	2	3	4	5	6	7	8	9	10	13	17	21	25+
Golf – Putt								●	●	●	●	●	●	●
Chip										●	●	●	●	●
Irons											●	●	●	●
Drivers												●	●	●
Play a Round													●	●
Hiking – Easy												●	●	●
Hiking – Moderate													●	●
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														●

Therapist Name: