



MOUNTAIN
ORTHOPAEDICS
**TIBIAL SPINE OPEN REDUCTION INTERNAL
REHABILITATION PROTOCOL**

Phase 1 Week 0 - 4

- Weightbearing: Toe touch weight bearing x 4 weeks
- Hinged Knee Brace:
 - Locked in full extension for ambulation and sleeping (Weeks 0-4)
- Range of Motion: AAROM → AROM as tolerated
- Therapeutic Exercises
 - Quad/Hamstring sets
 - Heel slides
 - Non-weightbearing stretch of the Gastroc/Soleus
 - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

Phase 2 Week 4 - 8

- Weightbearing: Start partial weightbearing and progress to full weightbearing by 6 weeks without crutches
- Hinged Knee Brace:
 - Unlock brace Week 6
 - Discontinue brace use when patient has achieved full extension with no evidence of extension lagor by week 8
- Range of Motion: Maintain full knee extension – work on progressive knee flexion
- Therapeutic Exercises
 - Closed chain extension exercises
 - Hamstring curls
 - Toe raises
 - Balance exercises
 - Progress to weightbearing stretch of the Gastroc/Soleus
 - Begin use of the stationary bicycle

Phase 3 Week 8 – 16

- Weightbearing: Full weightbearing
- Range of Motion – Full/Painless ROM
- Therapeutic Exercises
 - Advance closed chain strengthening exercises, proprioception activities
 - Begin use of the Stairmaster/Elliptical
 - Can Start Straight Ahead Running at 12 Weeks

Phase 4 Months 4-6

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance