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## Non-Operative Tibial Plateau Fx Protocol

### ***PHASE I***

#### Weeks 0-1

- Ice and modalities to reduce pain and inflammation
- Use crutches non-weight bearing for 6 weeks (may be allowed to TTWB for pivot transfers if indicated)
- Brace for 6 weeks in full extension
- Elevate the knee above the heart for the first 3-5 days
- Initiate patella mobility drills
- Begin full passive/active knee range of motion exercises
- Quadriceps setting focusing on VMO restoration
- Multi-plane open kinetic chain straight leg raising
- Gait training with crutches (NWB)

### ***PHASE II, Progressive Stretching and Early Strengthening***

#### Weeks 1-6

- Maintain program as outlined in week 0 to 1
- Continue with modalities to control inflammation
- Initiate global lower extremity stretching program
- Implement reintegration exercises emphasizing core stability
- Closed kinetic chain multi-plane hip strengthening on uninvolved side
- Manual lower extremity PNF patterns
- Proprioception drill emphasizing neuromuscular control
- Multi-plane ankle strengthening

### ***PHASE III, Strengthening and Proprioceptive Phase***

#### Weeks 6-8

- Modalities as needed
- Continue with Phase 2 exercises as indicated
- Begin stationary bike and pool exercise program (when incisions healed)



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- Begin partial weight bearing at 25% of body weight and increase by 25% approximately every 3 days. May progress to one crutch at 7 1/2 weeks as tolerated, gradually wear off of crutches by week 8-9

#### **Weeks 9-10**

- Normalize gait pattern
- Advance stationary bike program; begin treadmill walking and elliptical trainer; Avoid running and impact activity
- Initiate closed kinetic chain exercises progressing bilateral to unilateral
- Initiate proprioception training

### ***PHASE IV, Advanced Strength and Initiation of Plyometric Drills***

#### **Weeks 10-16**

- Initiate gym strengthening-beginning bilateral progressing to unilateral
  - Leg press, heel raises, hamstring curls, squats, lunges, knee extensions (30 to 0 degrees progressing to full range as PF arthrokinematics normalize)

#### **Weeks 16-20**

- Continue with advanced strengthening
- Begin functional cord program
- Begin pool running program progressing to land as tolerated

### ***PHASE V, Return to Sport Functional Program***

#### **Weeks 20-24**

- Follow-up examination with physician
- Implement sport specific multi-directional drills and bilateral plyometric activity progressing to unilateral as tolerated
- Continue with aggressive lower extremity strengthening, cardiovascular training, and flexibility
- Sports test for return to play