

Tibial Plateau Fracture Rehab Protocol - Nonoperative

Office visits:

- 2w, 6w, 12w, 6m, 12m

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment.

Weeks 0-2:

Immobilization	• Knee immobilizer or hinged knee brace locked in extension
Weight Restrictions	• Non-weight bearing
Range of Motion	• No knee motion
Exercises	• Start Phase I home exercise program - knee
Misc	• Edema control with ice, elevation, and foot pumps

Weeks 2-6:

Immobilization	• Hinged knee brace unlocked 0-90 degrees, locked in extension at night
Weight Restrictions	• Non-weight bearing
Range of Motion	• Start PT for knee ROM in brace
Exercises	• Continue phase I exercises
Misc	• Edema control with ice, elevation, and foot pumps

Weeks 6-12:

Immobilization	• Hinged knee brace unlocked 0-130 degrees
Weight Restrictions	• Non-weight bearing
Range of Motion	• Continue progressing motion
Exercises	• As prescribed by PT for motion
Misc	• Edema control with ice, elevation, and foot pumps

Months 3+:

Immobilization	• Wean from brace
Weight Restrictions	• Weight bearing as tolerated
Range of Motion	• Full motion
Exercises	• Progress strengthening as tolerated