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Tibial Plateau Fracture ORIF

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *No quad lag; motion 0-90°*	Active and passive 0-90°; kneecap mobilization; heel and wall slides	Hinged brace 0-90°; toe-touch weight bearing with crutches*	Quad sets, straight-leg raises, ankle pumps, hamstring stretch
Phase II **2–6 weeks** GOAL TO ADVANCE *Minimal swelling; good quad control*	0-90° (advance after 4 weeks if no meniscus repair)	Hinged brace; toe-touch weight bearing through 6 weeks*	Continue Phase I; stationary bike without resistance at 6 weeks
Phase III **7–10 weeks** GOAL TO ADVANCE *Full weight bearing with normal gait*	Advance to full	Discontinue brace; advance to full weight bearing as tolerated per x-ray	Wall sits, mini-squats, light leg press 10-70°, bike, water walking; aqua jogging at 9 weeks; heel raises and balance at 10 weeks
Phase IV **11–14 weeks** GOAL TO ADVANCE *No swelling; good strength and balance*	Full; no deep squats	Full	Leg press, single-leg deadlift, balance, elliptical and stair machine (low resistance); begin walk-to-jog and light plyometrics
Phase V **15+ weeks** GOAL TO ADVANCE *Physician clearance*	Full without discomfort	—	Advance strength and endurance; return to full activity and sport**

NOTES

*Weight bearing is protected until the joint surface heals; comminuted or bicondylar fractures may need 10-12 weeks

**If approved by physician