

Dr. Redler's Tibial Spine Fracture Fixation Rehab Protocol

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Prescription for: _____

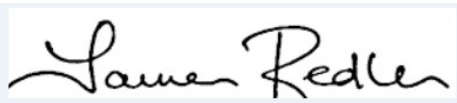
Diagnosis: L / R Tibial Spine Fracture
S/P: Non-operative Treatment
Eval & Treat: 2x/week x 12 weeks

| | WEEK | | | | | | | | | | MONTH | | | |
|--|------|---|---|---|---|---|---|---|---|----|-------|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 |
| PHASE 1 EXERCISES | | | | | | | | | | | | | | |
| Extension/Flexion sitting prone | | | | | • | • | • | • | • | • | • | • | • | • |
| Quad sets with straight Leg Raises | • | • | • | • | • | • | • | • | • | • | | | | |
| Hamstring sets | | | | | • | • | • | • | • | • | | | | |
| Patella Mobs/Quad patellar Tendon | | | | | • | • | • | • | • | • | | | | |
| Wall slides | | | | | • | • | • | • | • | • | | | | |
| Toe and Heel Raises | | | | | | • | • | • | • | • | • | • | • | • |
| MUSCLE STRETCHES | | | | | | | | | | | | | | |
| Sit and Reach for Hamstrings | | | • | • | • | • | • | • | • | • | • | • | • | • |
| Lying Rectus | | | | | • | • | • | • | • | • | • | • | • | • |
| Stork Stand for Quadriceps | | | | | | • | • | • | • | • | • | • | • | • |
| Runners stretch for calf and achilles | | | | | • | • | • | • | • | • | • | • | • | • |
| CARDIOVASCULAR EXERCISES | | | | | | | | | | | | | | |
| Bike with Both Legs | | | | | | • | • | • | • | • | • | • | • | • |
| Aquajogging | | | | | | • | • | • | • | • | • | • | • | • |
| Swimming | | | | | | | | | • | • | • | • | • | • |
| Eliptical trainer | | | | | | | | • | • | • | • | • | • | • |
| Rowing | | | | | | • | • | • | • | • | • | • | • | • |
| Stair Stepper | | | | | | | | • | • | • | • | • | • | • |
| Treadmill | | | | | | • | • | • | • | • | • | • | • | • |
| PHASE 2 SPORT CORD EXERCISES | | | | | | | | | | | | | | |
| Double Knee Bends (Knee not over foot) | | | | | | | • | • | • | • | • | • | • | • |
| Carpet Drags | | | | | | | • | • | • | • | • | • | • | • |
| Forward Backward Jogging | | | | | | | | | • | • | • | • | • | • |
| Side to side agilities | | | | | | | | | • | • | • | • | • | • |
| PHASE 3 WEIGHTS | | | | | | | | | | | | | | |
| Leg press down to 90 degrees | | | | | | • | • | • | • | • | • | • | • | • |
| Leg Curls | | | | | | • | • | • | • | • | • | • | • | • |
| Ab/Adduction | | | | | | • | • | • | • | • | • | • | • | • |
| Balance squats | | | | | | | • | • | • | • | • | • | • | • |
| Knee Extension Pain free Arc | | | | | | • | • | • | • | • | • | • | • | • |
| PHASE 4 HIGH LEVEL EXERCISES | | | | | | | | | | | | | | |
| Biking Outdoors | | | | | | | | | • | • | • | • | • | • |
| Rollerblading | | | | | | | | | | | • | • | • | • |
| Running | | | | | | | | | | | • | • | • | • |
| Skiing,basketball,Tennis,football,soccer | | | | | | | | | | | | | | • |

***Weight bearing:** NWB x 4 weeks in cast, TDWB 2 weeks once switch to hinged knee brace

***Hinged Knee Brace:** 0-30 deg wks 4-6, 0-90 deg wks 6-8

Additional Instructions:



Lauren H. Redler, MD

Date