

Physical Therapy Prescription Tibial Spine Avulsion Repair

Patient Name:

Date:

Surgery Date:

Dx: s/p (LEFT / RIGHT) TIBIAL SPINE AVULSION REPAIR (+ / -) MENISCAL REPAIR

WEEKS 2-6

- TTWB for at least 4 weeks, may extend to 6 weeks post op directed by physician
- Brace locked at 0° at all times except with PT / HEP
- Gentle PROM 0-90° with PT only, okay to use CPM and do heel slides at home. May progress past 90 after 4 weeks
- Quadriceps re-education / E-stim / Biofeedback – Quad sets, SAQ with Russian, SLR
- Hip progressive resistance exercises
- Straight Leg Raises in brace
- Patellar mobilization
- Cryokinetics for pain control
- Core and hip stability, focus glutes

WEEKS 6-10

- Progress ROM 0 -120°. Passive terminal extension (40° - 0°)
- Leg press to start in 90° - 30° arc - start with eccentrics.
- Begin body weight CKC exercises for LE in short arc
- Short crank bicycle
- Open brace from 0-40° with ambulation. FWB with knee flexion okay at 6 weeks
- Goals - 90° flexion by end week 8; 120° flexion by end week 9
- Single leg proprioception exercises progressing to unstable surface
- Core and hip stability in full weight bearing
- Begin sagittal plane movements and strengthening

WEEKS 10-12

- Begin squat/step program in full arc
- Continue proprioception with perturbations
- Focus posterior chain strength
- Continue LE strengthening in full arc (Squat and Hip Hinge variations, progressive overload)
- Begin retro program with resistance
- Nordic track/Elliptical at 8-9 weeks
- Pool jogging okay to begin at 10 weeks (

WEEKS 12-24

- Continue CKC strength, may begin linear progression of resistance
- Begin footwork and agility drills, NO TRANSVERSE PLANE MOTION until 4.5 months
- Trunk rotation / anti-rotation exercises okay NO EXPLOSIVE MOVEMENTS UNTIL 4 MONTHS
- Begin running program at 12-14 weeks, must have symmetric eccentric step down
- Assess ankle, hip, thoracic and shoulder mobility. Intervention as needed

* Transverse plane motion to begin at 4.5 months post op

RPT Criteria for athletes

1. Deadlift equal to 1.5 x body weight
2. 3 Hop crossover test
3. Figure 8 run or pro agility drill
4. NO OKC BIODEX TESTING
5. 400 m run under 75 seconds (Power athletes excluded)

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks

**Please send progress notes.

Physician's Signature: _____ M.D.