

Tibial Plateau Fracture



Name: _____

Dr: Benjamin Petre, MD

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS
0-90 for 4 wks

BRACE SETTINGS

IROM 0-90
4 wks

Weight Bearing status

Toe touch
weight bearing
x 6-8 weeks

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)
Week 4(22-28POD)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension – seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets			●	●	●	●	●	●						
Sit and reach for hamstrings (towel)			●	●	●	●	●	●						
Ankle pumps			●	●	●	●	●	●	●					
Toe and heel raises								●	●	●	●	●		
Balance series										●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs – no resistance			●	●	●	●	●	●	●					
Bike with both legs - resistance									●	●	●	●	●	●
Aquajogging				●	●	●	●	●	●	●	●	●	●	●
Treadmill – walking 7% incline										●	●	●	●	●
Swimming with fins										●	●	●	●	●
Elliptical trainer											●	●	●	●
Rowing												●	●	●
Stair stepper												●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends										●	●	●	●	
Double leg bridges										●	●			
Reverse lunge – static hold										●	●	●		
Beginning cord exercises											●	●		
Balance squats													●	
Single leg deadlift													●	●
Leg press													●	●
Sports Test exercises													●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression													●	●
Initial – single plane														●
Advance – multi directional														●
Functional sports test														●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf														●
Outdoor biking, hiking, snowshoeing														●
Skiing, basketball, tennis, football, soccer														●