



Lisa Kaplin, DO

TIBIAL SPINE ARTHROSCOPIC REDUCTION INTERNAL FIXATION REHAB AND MCL REPAIR WITH INTERNAL BRACE

Phase I (Weeks 0-4) :

- Weightbearing: Toe touch weight bearing x 2 weeks, Partial (50% WB) weeks 2-4. Full WB by week 5-6.
- Hinged Knee Brace:
 - o Locked in full extension for ambulation and sleeping

(Weeks 0-4)

- Range of Motion
 - TOUCH DOWN WEIGHT BEARING FOR 4 WEEKS.
 - KEEP KNEE LOCKED IN FULL EXTENSION (0 DEGREES) FOR WEEKS 0-2.
 - WEEKS 2-4 INCREASE TO 0-40 DEGREES
 - WEEKS 4-6 INCREASE 0-60 DEGREES
 - BEYOND 6 WEEKS INCREASE TO 90 AND BEYOND.
- Therapeutic Exercises
 - o Quad/Hamstring sets
 - o Heel slides
 - o Non-weightbearing stretch of the Gastroc/Soleus
 - o Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

Phase II (Weeks 4-8)

- Weightbearing: Start 50% WB and progress to full weightbearing by 6 weeks without crutches
- Hinged Knee Brace:
 - o Unlock brace when quad is active

Week 6

- o Discontinue brace use when patient has achieved full extension with no evidence of extension lag or by week 8
- Range of Motion – Maintain full knee extension – work on progressive knee flexion
- Therapeutic Exercises
 - o Closed chain extension exercises
 - o Hamstring curls
 - o Toe raises
 - o Balance exercises
 - o Progress to weightbearing stretch of the Gastroc/Soleus
 - o Begin use of the stationary bicycle



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Phase III (Weeks 8-16)

- Weightbearing:
Full weightbearing
- Range of Motion – Full/Painless ROM
- Therapeutic Exercises
 - o Advance closed chain strengthening exercises, proprioception activities
 - o Begin use of the Stairmaster/Elliptical
 - o Can Start Straight Ahead Running at 16-18 Weeks

Phase IV (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance