



Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Proximal Tibia / Fibula Fixation for Instability

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: partial WB with brace locked in extension and crutches
- ROM: 0-70 degrees
- Brace: locked in extension during ambulation and sleeping
- Exercises: heel slides, patellar mobs, gastroc/soleus stretch, calf pumps, straight leg raises

Phase II: 2-6 weeks

- Weight Bearing Status:
 - o 2-4 weeks: partial WB with brace locked in extension
 - o 4-6 weeks: slowly progress to full WB with brace set 0-90 deg
- ROM: progress to full active range of motion
- Brace: unlocked except during ambulation
- Exercises: Phase I + hip/glutes/core; (avoid biceps femoris activation)

Phase III: 6-12 weeks

- WB status: full
- ROM: full
- Brace: none
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, front/side planks; progressive proprioception exercises; begin jogging straight ahead

Phase IV: 3-6 months

- WB status: full
- ROM: full
- Brace: none
- Exercise: Phase III + advance to open chain exercises, return to sports as tolerated