



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 – Tibial Plateau Open Reduction Internal Fixation Fracture

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: NWB
- ROM: 0-90 degrees
- Brace: none
- Exercises: heel slides, patellar mobs, gastroc/soleus stretch, calf pumps
- Keep pillow under heel to maintain full extension while sleeping / resting

Phase II: 2-6 weeks

- WB status: NWB
- ROM: maintain full extension and progress flexion
- Exercises: Phase I + straight leg raises and hip/glutes/core
- Keep pillow under heel to maintain full extension while sleeping / resting

Phase III: 6-12 weeks

- WB status: partial WB
- ROM: full
- Brace: none
- Exercises: Phase II + biking/proprioception, hamstring curls

Phase IV: 3-6 months

- WB status: full without brace
- ROM: full
- Brace: none
- Exercise: Phase III + advance closed chain exercises, progressive proprioception exercises, stairmaster, elliptical, begin running straight ahead

Phase V: > 6 mo

- Gradual return to sports