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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Tibial Spine Avulsion Fixation

Phase I: 0-3 weeks

- Pain control
- Weight bearing status: NWB with extension cast
- ROM: none
- Brace: cast

Phase II: 3-6 weeks

- WB status: partial WB in brace in full extension
- ROM: maintain full extension and progress flexion to 90 degrees
- Brace: unlocked except when weight bearing as above
- Exercises: Phase I + toe raises, stationary bike, hip/glutes/core
- Keep pillow under heel to maintain full extension while sleeping / resting

Phase III: 6-12 weeks

- WB status: Full with brace
- ROM: progress towards full
- Brace: unlocked
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, front/side planks

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
 - o 16 weeks: begin jumping
 - o 20 weeks: advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport specific drills,
 - o 22 weeks: advance as tolerated; **strength evaluation**

Phase V: > 6 mo

- Gradual return to sports