

Physical Therapy Prescription Tibial Spine Avulsion Repair

Patient Name: _____

Date: _____

Surgery Date: _____

Dx: s/p (LEFT / RIGHT) TIBIAL SPINE AVULSION REPAIR (+ / -) MENISCAL REPAIR

WEEKS 2-6

- ___ TTWB for at least 4 weeks, may extend to 6 weeks post op directed by physician
- ___ Brace locked at 0° at all times except with PT / HEP
- ___ Gentle PROM 0-90° with PT only, okay to use CPM and do heel slides at home. May progress past 90 after 4 weeks
- ___ Quadriceps re-education / E-stim / Biofeedback – Quad sets, SAQ with Russian, SLR
- ___ Hip progressive resistance exercises
- ___ Straight Leg Raises in brace
- ___ Patellar mobilization
- ___ Cryokinetics for pain control
- ___ Core and hip stability, focus glutes

WEEKS 6-10

- ___ Progress ROM 0 -120°. Passive terminal extension (40° - 0°)
- ___ Leg press to start in 90° - 30° arc - start with eccentrics.
- ___ Begin body weight CKC exercises for LE in short arc
- ___ Short crank bicycle
- ___ Open brace from 0-40° with ambulation. FWB with knee flexion okay at 6 weeks
- ___ Goals - 90° flexion by end week 8; 120° flexion by end week 9
- ___ Single leg proprioception exercises progressing to unstable surface
- ___ Core and hip stability in full weight bearing
- ___ Begin sagittal plane movements and strengthening

WEEKS 10-12

- ___ Begin squat/step program in full arc
- ___ Continue proprioception with perturbations
- ___ Focus posterior chain strength
- ___ Continue LE strengthening in full arc (Squat and Hip Hinge variations, progressive overload)
- ___ Begin retro program with resistance
- ___ Nordic track/Elliptical at 8-9 weeks
- ___ Pool jogging okay to begin at 10 weeks (

WEEKS 12-24

- ___ Continue CKC strength, may begin linear progression of resistance
- ___ Begin footwork and agility drills, NO TRANSVERSE PLANE MOTION until 4.5 months
- ___ Trunk rotation / anti-rotation exercises okay NO EXPLOSIVE MOVEMENTS UNTIL 4 MONTHS
- ___ Begin running program at 12-14 weeks, must have symmetric eccentric step down
- ___ Assess ankle, hip, thoracic and shoulder mobility. Intervention as needed

* Transverse plane motion to begin at 4.5 months post op

RPT Criteria for athletes

- | | |
|--|---|
| 1. Deadlift equal to 1.5 x body weight | 4. NO OKC BIODEX TESTING |
| 2. 3 Hop crossover test | 5. 400 m run under 75 seconds (Power athletes excluded) |
| 3. Figure 8 run or pro agility drill | |

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks

**Please send progress notes.

Physician's Signature: _____ **M.D.**