

## 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

- NWB / TTWB / PWB
- Brace locked at 0° at all times except with PT
- Gentle PROM 0-90° with PT only, okay to use CPM and do heel slides at home
- Quadriceps re-education E-stim / Biofeedback
- 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 in 90° - 45° arc - start with eccentrics.
- Begin light CKC strength in short arc
- Short crank bicycle ergometry
- Open brace from 0-40° with ambulation. FWB with knee flexion okay at 6 weeks
- Goals - 90° flexion by end week 8; 110° 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 closed chain Quadriceps strengthening in full arc (leg press, squat, split squat, deadlift)
- Begin retro program with resistance
- Nordic track/Elliptical at 8-9 weeks
- Progress core strength to multi-planar movements

### WEEKS 12-24

- Continue CKC strength, progress to multi-planar movements
- Begin functional exercise program
- Multi-planar balance exercises. Core strength at the same time
- Begin running program at 12-14 weeks, must have symmetric eccentric step down
- Assess posture and functional movement patterns. Corrective exercise as needed

### WEEKS 18-24+

- Full arc progressive resistance exercises - emphasize Quads
- Agility drills
- Plyometrics
- Olympic lifting and triple extension exercises

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

\*\*Please send progress notes.

Physician's Signature: \_\_\_\_\_ M.D.