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Rehab Protocol for Tibial ORIF

Phase I: 0-2 Weeks

- Knee immobilizer: Worn at all times taken off only for PT sessions
 - Convert to hinged knee brace at first post-op visit
- Weight-bearing: WBAT with knee locked in extension
- Range of Motion: AROM/AAROM/PROM 0-30 degrees
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, ankle theraband exercises

Phase II: 2-6 Weeks

- Knee Brace: Worn with weight bearing activities still locked in full extension- may be removed at night.
- Weight-bearing: WBAT with knee locked in extension
- Range of Motion: AROM/AAROM/PROM- add 15 degrees of flexion each week- goal is 90 degrees by post-op week 6
- Therapeutic Exercises: Isometric quadriceps/hamstring adductor/abductor strengthening, ankle theraband exercises, initiate straight leg raises

Phase III: 6-10 Weeks

- Knee Brace: Unlocked- worn with WB activities
- Weightbearing: Full
- Range of Motion: AROM/AAROM/PROM- progress to full ROM by post-operative week 10
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, ankle theraband exercises, initiate straight leg raises

Phase IV: 10-12 Weeks

- Knee Brace: Discontinue
- Weight-bearing: Full
- Range of Motion: Full
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, ankle theraband exercises, initiate straight leg raises, start stationary bicycle

Phase V: 3-6 Months

- Return to full activities as tolerated