



Tibial Plateau ORIF Rehabilitation Protocol

Phase I (0–6 Weeks)

- Protect fixation
- Control pain swelling
- Maintain hip ankle mobility
- Quad activation
- Non weight bearing
- Brace locked
- Flexion to 90
- No varus valgus
- Cryotherapy
- Ankle pumps
- Quad sets
- SLR brace
- Heel slides

Phase II (6–10 Weeks)

- Restore ROM
- Improve quad
- Weight-bearing protocol is surgeon-dependent
- No flexion >90
- No running
- Bike
- AAROM
- Gait training
- Hip core

Phase III (10–16 Weeks)

- Full ROM
- Normalize gait
- Strength



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- No impact
- No pivot
- Mini squats
- Leg press
- Balance
- Elliptical

Phase IV (4–6 Months)

- Functional strength
- Improve stability
- Low impact fitness
- No pivot
- Resistance
- Lunges
- Single leg
- Agility
- Light plyo

Phase V (6+ Months)

- Return to sport
- Full strength
- Clearance required
- Advanced plyo
- Running
- Cutting
- Sport drills

Key Rehab Considerations

- NWB initially (surgeon-dependent weight bearing protocols)
- ROM limited early
- Strength delayed



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- Return to sport 6-9 months