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CENTER FOR
Advanced Orthopedics
AND SPORTS MEDICINE



Physical Therapy Prescription – ORIF Tibial Plateau

Name: _____ Date: _____

Diagnosis: R / L Knee ORIF tibial plateau Date of Surgery: _____

Frequency: 2-3 times per week for _____ weeks

Phase 1 (Day 1-4 weeks):

ROM: hinged splint locked in full extension, pillow under calf with leg elevated, patellar mobilizations, gradually increase ROM 0-90 degrees, brace during sleep for 6 weeks.

Strength: quad sets and SLR (without weights), ROM for flexion 0-45 degrees in sitting position with eccentric and concentric quadriceps, avoid contraction of hamstrings and calf. Resistance ankle plantar flexion exercises with the knee in extension with rubber tubing. Mini squats (0-45 degrees). No hamstring PRES; Calf ROM

Weight bearing: 0%

Modalities: EMG biofeedback quadriceps prn; EMS prn; cryotherapy Sports: none.

Phase 2 (4 weeks-6 weeks):

ROM: progress flexion as tolerated-10 degrees/week

Strength: PRE and SLR as above

Weight bearing: 0%

Modalities: as above.

Sports: none.

Phase 3 (6 weeks-4 months):

ROM: Increase flexion to within normal limits; may remove brace for sleep at 8 weeks Strength: PRE-quads 0-30 degrees only, hamstrings 0-10 degrees, squats, hip abduction and adduction, stationary bicycling, step-ups(Stair Master), rowing machine, swimming, sliding board; progress with closed kinetic chain

Strength: with weight bearing progress.

Weight bearing: start at 25%, progress up to 100% by post-op week 10.

Modalities: as above.

Sports: steps-ups, rowing machine, swimming, and slide board.

Phase 4 (4 months-6 months):

ROM: as above

Strength: PRE-quad PRE into full extension with gradual transition

Weight bearing: Initiate straight ahead jogging to 1/2 speed running as tolerated (once 65% strength attained in hamstrings and quadriceps)

Modalities: prn

Sports: initiate straight jogging to 1/2 speed running(if applicable)

Phase 5 (6 months and beyond):

ROM: as above

Strengthening: as above

Modalities: as above

Sports(if applicable): progress through graduated running program such as "functional rehabilitation program" Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity

Physician Signature: _____ Date: _____

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