

## **Tibial Plateau Open Reduction Internal Fixation (ORIF)** **Physical Therapy Protocol**

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**Patient Name:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Procedure:** Right / Left Tibial Plateau Open Reduction Internal Fixation (ORIF)

**Associated Procedure (checked if performed):**

Meniscus Repair

**Frequency:** 2x per week for \_\_\_\_\_ weeks

### **Phase I (0-2 weeks):**

- **Weightbearing:** Non-Weight Bearing (NWB)
- **Brace:** Locked in extension for ambulation and sleeping. May be removed for hygiene and unlocked for ROM exercises.
- **ROM:**
  - Locked in extension to allow incisions to heal and prevent knee flexion contracture for 1 week.
  - Passive ROM initiated POD7.
  - Achieve PROM and AAROM to 90° flexion by week 2.
- **Therapeutic exercises:**
  - Calf pumps
  - Patellar mobilizations
  - Quad sets
  - Straight leg raises with knee brace locked in extension

### **Phase II (2-8 weeks):**

- **Weightbearing:** Non-Weight Bearing (NWB)
- **Brace:** Locked in extension for ambulation and sleeping. May be removed for hygiene and unlocked for ROM exercises.
- **ROM:** Maintain full extension and progress to full flexion PROM → AAROM → AROM as tolerated.
- **Therapeutic exercises:**
  - As above plus:
  - Progression of non-weight bearing flexibility

- Begin floor-based core and glutes exercises

**Phase III (8-12 weeks):**

- **Weightbearing:** Progression as follows:
  - Week 8-9: Flat foot weight bearing (20% body weight) with both crutch and in brace
  - Week 9-10: FWB (full weight bearing) with both crutches and brace
  - Week 10-11: FWB with one crutch and brace
  - Week 11-12: FWB with no brace, no crutches
- **ROM:** Maintain full ROM.
- **Therapeutic exercises:**
  - As above plus:
  - Stationary bike with no resistance
  - Pool exercises if available

**Phase IV (3 month):**

- **Weightbearing:** Full weightbearing with normal gait.
- **ROM:** Full and painless.
- **Therapeutic Exercises:**
  - As above plus:
  - Initiate elliptical
  - Initiate closed kinetic chain exercises progressing from bilateral to unilateral.
  - Initiate proprioception training
  - No running until 4.5mo post op
  - Continue to progress strengthening/activities per therapist's guidance