

**Benedict Nwachukwu, MD MBA**  
HSS Sports Medicine Institute  
610 West 58th Street, New York, NY 10019  
Office: 646.885.8250  
Fax: 646.885.8252  
[www.manhattansportsdoc.com](http://www.manhattansportsdoc.com)



## **Post-Operative Rehabilitation Guidelines for Tibial Spine Reduction and Fixation**

- 0-2 Weeks: TDWB in brace in extension with crutches  
Brace in extension for sleeping 0-2 wks  
Active/Passive ROM 0-90 degrees  
Quad sets, SLR, Heel Slides  
Patellar Mobilization
- 2-4 Weeks: Advance to FWBAT  
May unlock brace when quad control is adequate  
D/C crutches when gait normalizes with brace  
Progress with ROM  
Mini Squats/Weight Shifts  
No weight bearing with knee flexion past 90 degrees
- 4-8 Weeks: D/C brace when quad strength adequate (typically around 5 weeks)  
Achieve Full ROM by week 6  
Begin Stationary Bike  
Progress with closed chain exercises  
Wall sits to 90 degree  
Leg press 0-90 degrees  
Proprioception exercises  
Core stabilization
- 8-16 Weeks: Lunges from 0-90 degrees  
Initiate Step-up followed by Step-Down Program  
Progress Strengthening exercises  
Emphasis on single-leg strengthening and balance  
Retrograde treadmill ambulation
- >16 Weeks: Begin run/walk progression  
Agility drills  
Begin Plyometric program  
Sports specific exercise