

POST-OPERATIVE REHABILITATION PROTOCOL

# Arthroscopic Tibial Eminence Fracture Reduction

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

## Phase 1 | 0-2 Weeks

### GOALS FOR THIS PHASE

- Strict NWB in brace locked in extension.
- Brace in extension for sleeping.
- Achieve ROM 0-60°.
- Initiate quadriceps activation and patellar mobility.

### Weight Bearing & Bracing

- NWB in brace locked in full extension with crutches.
- Brace in extension for sleeping during weeks 0-2.

### Range of Motion

- Active/passive ROM 0-60°.

### Therapeutic Exercises

- Quad sets, SLR, heel slides.
- Patellar mobilization.

## Phase 2 | 2-4 Weeks

### GOALS FOR THIS PHASE

- Advance to TTWB in brace locked in extension.
- Progress quadriceps activation working terminal extension.
- Mobilize patella, patellar tendon, and quad tendon.
- Progress ROM to 0-90°.

### Weight Bearing & Bracing

- TTWB in brace locked in full extension.

### Range of Motion

- Active/passive ROM 0-90°.

### Therapeutic Exercises

- Quad activation working on terminal extension.
- Patella / patellar tendon / quad tendon mobilization.

## Phase 3 | 4-6 Weeks

### GOALS FOR THIS PHASE

- Gradual progression of weight bearing from PWB (50%) to WBAT by 6 weeks in brace.
- Brace remains locked in full extension during ambulation.
- Discontinue crutches when gait is normalized.
- Progress ROM to 0-120°.
- Initiate open-chain quadriceps, hip, and core strengthening within restrictions.

### Weight Bearing & Bracing

- Progress from PWB (50%) to WBAT by 6 weeks in brace.
- Brace remains locked in full extension during ambulation.
- Discontinue crutches when gait is normalized and limp is absent.

### Range of Motion

- Active/passive ROM 0-120°.

### Therapeutic Exercises

- Open-chain quad exercises.
- Hip and core strengthening within restrictions.

## Phase 4 | 6-10 Weeks

### GOALS FOR THIS PHASE

- WBAT; may discontinue brace when quad is reconditioned.
- Full ROM.
- Progress closed-chain exercises; limit WB to < 90° knee flexion.
- Begin stationary bike.

### Weight Bearing & Bracing

- WBAT; may discontinue brace when quad reconditioned.

### Range of Motion

- Full ROM.

### Therapeutic Exercises

- Progress closed-chain exercises.

- Leg press 0-90°.
- Double-leg squats.
- Core, hip, and upper-body strengthening.
- Begin stationary bike.

#### Precautions

- Limit weight bearing to less than 90° knee flexion.

## Phase 5 | 10-14 Weeks

### GOALS FOR THIS PHASE

- Progress single-leg strengthening, static and dynamic lunges.
- Add elliptical and treadmill walking.
- Begin jogging and progress to running starting at 12 weeks.

### Therapeutic Exercises

- Progress strengthening exercises.
- Single-leg strengthening, static and dynamic lunges.
- Elliptical and treadmill walking.
- Begin jogging and progress to running beginning at 12 weeks.

## Phase 6 | 14+ Weeks

### GOALS FOR THIS PHASE

- Progress single-leg squats, step-ups and downs, multidirectional lunges.
- Progress to plyometric and sport-specific training.

### Therapeutic Exercises

- Progress strengthening exercises — single-leg squats, step-ups and downs, multidirectional lunges.
- Progress to plyometric and sport-specific training.

*This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.*