

# Rehabilitation Protocol for Tibial Spine Avulsion Fracture



Dr. Feinstein

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I 0-4 WEEKS</b>	Toe-touch (i.e., non)	<ul style="list-style-type: none"> <li>• Locked in full extension for sleeping and all activity</li> <li>• Off for hygiene only</li> </ul>	0-90 degrees Stress full extension	<ul style="list-style-type: none"> <li>• Heel slides, quad sets, patellar mobs, SLR, SAQ</li> <li>• Hip flexor, hamstring, heel cord stretches.</li> <li>• Exercises in brace</li> </ul>
<b>PHASE II 4-6 WEEKS</b>	Progress to WBAT	<ul style="list-style-type: none"> <li>• Locked in extension to ambulate</li> <li>• Off when not ambulating/exercising</li> </ul>	Full	<ul style="list-style-type: none"> <li>• Heel slides, quad sets, patellar mobs, SLR, SAQ</li> <li>• Hip flexor, hamstring, heel cord stretches.</li> <li>• Exercises in brace</li> </ul>
<b>PHASE III 6-12 WEEKS</b>	Full	<ul style="list-style-type: none"> <li>• Unlocked to ambulate</li> <li>• Wean out of brace when adequate quad control</li> </ul>	Full	<ul style="list-style-type: none"> <li>• Progress closed chain activities</li> <li>• Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes</li> <li>• Begin stationary bike when able</li> </ul>
<b>PHASE IV 12-20 WEEKS</b>	Full	None	Full	<ul style="list-style-type: none"> <li>• Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike</li> <li>• Running at approx. 12 weeks</li> <li>• Cardiovascular/endurance training</li> <li>• Advance proprioceptive activities &amp; agility drills</li> <li>• Advance to sport-specific drills and running/jumping</li> <li>• Return to play at approximately 5-6 months per MD clearance</li> </ul>

*If you have any problems or questions, please call your doctor's office (8am-5pm).*

*Answering service for after hours.*

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