



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

TIBIAL PLATEAU OPEN REDUCTION INTERNAL FIXATION (ORIF)

PHYSICAL THERAPY PROTOCOL

Bryan M. Saltzman, M.D.

Indiana University Health Physicians

Assistant Professor of Orthopaedic Surgery, Indiana University

Sports Medicine, Cartilage Restoration, Shoulder/Elbow

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202

IU Health North – 201 Pennsylvania Pkwy #100, Carmel, IN 46280

317-944-9400

www.bryansaltzmanmd.com

Patient Name: _____ **Date of Surgery:** _____

Procedure: Right / Left Tibial Plateau ORIF

___ Evaluate and Treat

___ Provide patient with home program

Frequency: _____ x/week x _____ weeks

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I	Non-weight bearing*	On at all times during day and	Brace at all times in full	Calf pumps, quad sets SLR in brace, modalities



0-2 weeks		while sleeping** Off for hygiene	extension	
PHASE II 2-6 weeks	Non-WB	On at night Open 0-90 and worn daytime only until 6 wks	Maintain full extension and progress flexion to full	Progress non-weight bearing flexibility, modalities Begin floor-based core and glutes exercises Advance quad sets, patellar mobs, and SLR
PHASE III 6 weeks - 8 weeks	Advance 25% weekly and progress to full with normalized gait pattern	None	Full	Advance closed chain quads, progress balance, core/pelvic and stability work Begin stationary bike at 6 weeks Advance SLR, floor-based exercise; hip/core
PHASE IV 8-16 weeks	Full	None	Full	Progress flexibility/strengthening, progression of functional balance, core, glutes program Advance bike, add elliptical at 12 wks as tolerated Swimming okay at 12 wks
PHASE V 16-24 wks	Full	None	Full	Advance Phase IV activity Progress to functional training, including impact activity after 20 wks when cleared by MD

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would ___ would not benefit from social services.

Date: _____

Bryan M. Saltzman, MD