

Proximal Tibia-Fibular Joint Repair

Physical Therapy Post-op Protocol

***Blood Flow Restriction (BFR) encouraged at all phases**

Weeks 0-4

- Weight Bearing: Touch down weight bearing (50% weight bearing) in brace (locked in extension) while ambulatory,
- Brace: 0-2 weeks – 0-90 degrees
2-4 weeks – Progress motion without limitation to flexion
- ROM: 2-6 weeks goal 0-130 @ 6 weeks
- Exercises:
 - Quad sets
 - Patellar mobility
 - Gastroc/soleus stretch
 - SLR w/ brace in full extension until quad strength prevents extension lag
 - Side-lying hip/core

Weeks 4-12

- Weight Bearing: Full WB
- Brace: discontinue at 6 weeks if no extension lag and ambulating without limp
- ROM: full
- Exercises:
 - Begin toe raises
 - Closed chain quads
 - Balance exercises
 - Hamstring curls
 - Stationary bike
 - Step-ups
 - Front and side planks
 - Advance hip/core
- *Avoid weighted squats beyond 90 degrees for first 3 months
- *Avoid sitting cross/legged for 3 months

Weeks 12-16

- Weight Bearing: Full
- Brace: none
- ROM: Full
- Exercises:
 - Advance closed chain strengthening

- Progress proprioception activities
- Begin Stairmaster, elliptical and running straight ahead at 12-16 weeks
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>4 months

- 16 wks: Begin jumping
- 20-24 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program
- Gradual return to sports participation with clearance from PT and Surgeon.