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## Physical Therapy Prescription Tibial Spine Avulsion Repair

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Surgery Date:** \_\_\_\_\_

**Dx: s/p ( LEFT / RIGHT ) TIBIAL SPINE AVULSION REPAIR ( + / - ) MENISCAL REPAIR**

**WEEKS 2-6**

- \_\_\_ TTWB for at least 4 weeks, may extend to 6 weeks post op directed by physician
- \_\_\_ Brace locked at 0° at all times except with PT / HEP
- \_\_\_ Gentle PROM 0-90° with PT only, okay to use CPM and do heel slides at home. May progress past 90 after 4 weeks – If given cast, wait until directed by physician to start ROM
- \_\_\_ Quadriceps re-education / E-stim / Biofeedback – Quad sets, SAQ with Russian, SLR
- \_\_\_ Hip progressive resistance exercises
- \_\_\_ Straight Leg Raises in brace
- \_\_\_ Patellar mobilization
- \_\_\_ Cryokinetics for pain control
- \_\_\_ Core and hip stability, focus glutes

**WEEKS 6-10**

- \_\_\_ Progress ROM 5/0/135+°.
- \_\_\_ Leg press to start in 90° - 30° arc - start with eccentrics.
- \_\_\_ Begin body weight CKC exercises for LE in short arc
- \_\_\_ Short crank bicycle
- \_\_\_ Open brace from 0-40° with ambulation. FWB with knee flexion okay at 6 weeks
- \_\_\_ Goals - 90° flexion by end week 8; 120° flexion by end week 9
- \_\_\_ Single leg proprioception exercises progressing to unstable surface
- \_\_\_ Core and hip stability in full weight bearing
- \_\_\_ Begin sagittal plane movements and strengthening

**WEEKS 10-12**

- \_\_\_ Begin squat/step program in full arc
- \_\_\_ Continue proprioception with perturbations
- \_\_\_ Focus posterior chain strength
- \_\_\_ Continue LE strengthening in full arc (Squat and Hip Hinge variations, progressive overload)
- \_\_\_ Begin retro program with resistance
- \_\_\_ Nordic track/Elliptical at 8-9 weeks
- \_\_\_ Pool jogging okay to begin at 10 weeks (

**WEEKS 12-24**

- \_\_\_ Continue CKC strength, may begin linear progression of resistance
- \_\_\_ Begin footwork and agility drills, NO TRANSVERSE PLANE MOTION until 3 months
- \_\_\_ Trunk rotation / anti-rotation exercises okay NO EXPLOSIVE MOVEMENTS UNTIL 4 MONTHS
- \_\_\_ Begin running program at 12-14 weeks, must have symmetric eccentric step down
- \_\_\_ Assess ankle, hip, thoracic and shoulder mobility. Intervention as needed

\* Transverse plane motion to begin at 3 months post op

\*\*\*RTP between 4 and 6 months\*\*\*

RPT Criteria for athletes

- |  |   |
|--|---|
| 1. Deadlift equal to 1.5 x body weight | 4. NO OKC BIODEX TESTING                                |
| 2. 3 Hop crossover test                | 5. 400 m run under 75 seconds (Power athletes excluded) |
| 3. Figure 8 run or pro agility drill   |   |

**Frequency & Duration:** (circle one) 1-2 2-3 x/week for \_\_\_\_\_ weeks

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**