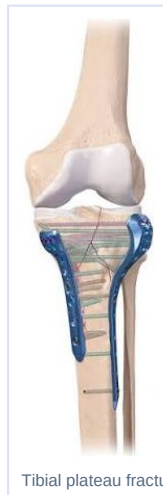


KNEE CONDITION

Tibial Plateau Fracture

Fracture of the Top of the Shin Bone — Patient Condition Guide



Tibial plateau fracture repaired with a plate and screws · for education; your anatomy may differ

OVERVIEW

The tibial plateau is the flat top of the shin bone that forms the floor of the knee joint. Fractures here — from falls, sports collisions, or vehicle accidents — involve the joint surface itself, so restoring that surface precisely is the priority in protecting the knee's long-term health.

SYMPTOMS

- Immediate knee pain and swelling after impact
- Inability to bear weight
- Deformity or a knee that feels unstable
- Numbness or tightness in the leg — report these urgently

DIAGNOSIS

X-rays identify the fracture and CT defines exactly how the joint surface is displaced. Soft tissues are assessed carefully — meniscus and ligament injuries commonly accompany these fractures.

TREATMENT OPTIONS

Non-displaced fractures can be treated without surgery using bracing and strictly protected weight-bearing. When the joint surface is depressed or the leg alignment is unstable, surgical fixation (ORIF) with plates and screws restores the surface — sometimes with bone graft to support it — followed by early motion and a graduated weight-bearing protocol.

RECOVERY OUTLOOK

Protected weight-bearing typically lasts 6–12 weeks depending on the pattern. Most patients return to low-impact activity by 4–6 months and continue improving for a year. Precise joint restoration now is the best protection against arthritis later.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/handouts/tibial-plateau-fracture.pdf

This handout is for general patient education and does not replace personalized medical advice. Always follow the specific instructions given by Dr. Pettit and your care team.

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