

PHYSICAL THERAPY PROTOCOL — FOR THE TREATING THERAPIST

Tibial Spine Avulsion Fixation

Rehabilitation guideline — individualize per operative note and surgeon instruction · Questions: (513) 441-5639

PRECAUTIONS

- Protect the fixation — this is an ACL-avulsion equivalent: no active terminal-extension loading or open-chain quadriceps work until cleared (~6 wk).
- NWB × 4 weeks (per protocol), brace locked in extension for ambulation; progressive WB weeks 4–6.
- ROM limit 0–90° for the first 4 weeks; no resisted hamstring curls × 6 wk if hamstring-position fixation.
- Watch for arthrofibrosis — prioritize full passive extension from day 1.

PHASED PROGRESSION

Phase	WB / Protection	Goals & Interventions	Criteria to Progress
0–4 wk	NWB, brace locked in extension for ambulation	Full passive extension, patellar mobs, quad sets, SLR in brace, PROM/AAROM 0–90°, ankle pumps, edema control	Full extension; PROM to 90°; good quad set
4–6 wk	Progressive WB → full; brace open as quad control allows	AROM past 90° as tolerated, gait training, closed-chain quads (mini-squat 0–45°), stationary bike when ROM allows	Normal gait without brace; ROM ≥ 0–120°
6–12 wk	Full WB, no brace	Progressive closed-chain strengthening, balance/proprioception, introduce open-chain quads per surgeon, hamstring loading	Symmetric ROM; single-leg control
3–6 mo	Unrestricted daily activity	Running progression ~3–4 mo when strength ~80%, agility/plyometrics, sport-specific work	Return to sport with surgeon clearance, typically 5–6 mo

Timeframes are typical; radiographic healing and the operative note govern (pediatric patients are common — coordinate with family). DVT prophylaxis per surgeon (default aspirin 81 mg BID × 4 wk). Report wound concerns, calf pain/swelling, fever, or neurovascular changes to the office same-day.



SCAN FOR THE LATEST VERSION ONLINE
robertpettitmd.com/pt-protocols/tibial-spine-fixation.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.