

**Dr. Craig Chike Akoh, M.D.**

**Pediatric Tibial Spine Arthroscopic Fixation Rehabilitation**

	<b>Weight Bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises/Strength</b>
<i>Phase 1 0-6 Weeks</i>	<p>0- 4 wk TDWB with crutches</p> <p>4-6wk: WB as tolerated</p> <p>*If concomitant meniscal repair Toe touch WB w/ crutches <b>0-6wks</b></p>	<p>0-2 wk locked in extension at all times</p> <p>Week 4-6 unlocked 0-90° at rest, locked in extension for ambulation May remove for sleeping</p>	<p>Locked in extension for 4 wks</p> <p><b>Goal</b> 2 wk: Symmetrical hyperextension to contralateral side 6 wk: 90° flexion</p>	<p>*SLR for quad activation, heel slides, NWB gastroc/soleus stretch</p>
<i>Phase 2 6-12 Weeks</i>	<p>Full WB</p>	<p>D/C PO brace at 6 weeks</p>	<p>Full ROM</p>	<p><b>Goals: normalize gait, balance, and proprioception</b></p> <p>Strengthening may begin beginning with closed chain exercises. Leg press when ROM is greater than 90 degrees of flexion and quadriceps control improves. Hip and core strengthening involving PREs. Also perform standing toe raises, stationary bike</p> <p>Proprioceptive exercise. Rocker board and balance exercise may commence when they are able to bear 50% or more weight. Mini squats and other balancing exercises</p> <p>Retrograde treadmill walking to assist with quadriceps strengthening</p>

				Stretching of quadriceps, abductors, hamstrings, and calves
<i>Phase 3 12-16 Weeks</i>	Full	none	Full	<p><b>Goals: increase muscle endurance and agility training</b></p> <p>Straight ahead jogging Begin plyometric training focus on proper jumping and landing techniques. Can move on to lateral jumping once proper technique for vertical has been demonstrated.</p> <p>Wk 16: functional exercises may begin along with agility training</p> <p>Wk 20: Full Speed Drills and running</p>
<i>Phase 4 16-24 Weeks</i>	Full	none	Full	<p><b>Goals: home program and gradual return to sporting activities</b></p> <p>Cutting, pivoting, accelerating, and decelerating drills</p> <p>Dynamic sport drills</p> <p>Advanced agility and plyometric training drills</p>
<i>Return to Sport Criteria</i>	Full	Functional Brace	Full	<p>Symptom free running Confidence with jumping and landing (double and single leg) Pain free activities Ability to confidently perform cutting and lateral movements and decelerate and change directions</p>

				Functional Sport Test with good results
--	--	--	--	---

- Rehab is delayed with concomitant meniscal repair procedure
- RTS with M.D. clearance, only after functional sport test and all deficiencies are addressed