



Tibial Eminence Fixation Post-Operative Instructions

Phase I (Weeks 0-4)

- Weightbearing: Touch weight bearing for 4 weeks
- Hinged Knee Brace:
 - Locked in full extension for 2 weeks
 - Then only for ambulation and sleeping (Weeks 2-4)
- Range of Motion – AAROM and AROM as tolerated (Weeks 2-4)
- Therapeutic Exercises
 - Quad/Hamstring sets
 - Heel slides
 - Non-weightbearing stretch of the Gastroc/Soleus
 - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

Phase II (Weeks 4-8)

- Weightbearing: Start partial weightbearing and progress to full weightbearing by 6 weeks without crutches
- Hinged Knee Brace:
 - Unlock brace Week 6
 - Discontinue brace use when patient has achieved full extension with no evidence of extension lag or by week 8
- Range of Motion – Maintain full knee extension – work on progressive knee flexion
- Therapeutic Exercises
 - Closed chain extension exercises
 - Hamstring curls
 - Toe raises
 - Balance exercises
 - Progress to weightbearing stretch of the Gastroc/Soleus
 - Begin use of the stationary bicycle

Phase III (Weeks 8-16)

- Weightbearing: Full weightbearing
- Range of Motion – Full/Painless ROM
- Therapeutic Exercises
 - Advance closed chain strengthening exercises, proprioception activities
 - Begin use of the Stairmaster/Elliptical
 - Can Start Straight Ahead Running at 12 Weeks

Phase IV (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance



Warnings:

Notify Dr. Chien immediately or present to the Emergency Dept if any of the following occur:

- **Excessive bleeding**
- **Excessive non-bloody wound drainage beyond the first 3-4 days**
- **Poor pain control**
- **Numbness or tingling of the foot not related to bruising**
- **Fever $>37.5^{\circ}\text{C}$ after postoperative day 3**
- **Increased redness along incision**
- **Calf pain or swelling**

Follow Up with Dr. Chien:

Usually, your post-operative appointment would have been booked for you prior to surgery. If you do not have an appointment please call to arrange one. If at any time after your surgery you feel you would like to come in earlier for your post-operative appointment, please call the office and arrange a time.