

Knee Proximal Tibia-Fibular Joint Reconstruction Rehabilitation Protocol

- I. 0-2 Weeks
 - a. Hinged Knee Brace; Flat Foot weight bearing w/Brace for 6 weeks
 - b. Crutches for 6 weeks
 - c. Non WB ROM: 0-70 degrees in brace
 - d. Start isometric Quad Sets in full extension
 - i. SLR w/knee locked in extension
 - ii. Quad Setting
- II. 2-4 Weeks
 - a. Flat Foot weightbearing with crutches
 - b. Non WB ROM: 0-90 degrees
 - c. Begin Exercise Stationary Bike without resistance
 - i. Knee ROM <90 degrees, minimal resistance
 - d. Start closed kinetic chain exercises
 - e. Blood Flow Restriction (BFR) Therapy as indicated
- III. 4-6 Weeks
 - a. Partial weightbearing with crutches; ROM 0-90 degrees
 - b. Wean from crutches by 6 weeks
 - c. BFR Therapy as indicated
- IV. 6-8 Weeks
 - a. Discard Brace at 6 weeks
 - b. Progress weightbearing as tolerated and wean from crutches
 - c. Restore full range of motion
 - d. Begin to increase strengthening and resistance if ROM and Gait goals are met
- V. Return to Running/High impact activity at 3-4 Months
- VI. Return to "Full Sports" at 6 Months
 - a. Avoid repetitive high impact activity to preserve length and function of the graft.