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Arthroscopic Fixation of Tibial Spine Fractures Protocol

- Hinged knee brace in full extension
- TDWB x 2 weeks
- 50% WB x 2weeks
- FWB at 4-6 weeks with brace locked in full extension
- Weightbearing in a bent-knee position (in brace) at 6-8 weeks

- ROM is started immediately in the prone position

- Active hamstrings flexion exercises, straight leg raises, and quad sets are started immediately

- Active open chain quadriceps contractions are not allowed for 6 weeks.

- Stationary bike and swimming are allowed at 6-8 weeks

- Sport specific exercises (including start/stop/pivot shift type of activity) are allowed at 12 weeks

- Return to unlimited activity at 6 months