

***Dr. Preston Wolin***

**Proximal Tibiofibular Joint Repair Surgical Protocol**

\*Please call 773.248.4150 with any questions\*

Please keep in mind that this protocol used a tight-rope fixation, where the integrity of the biceps femoris remained intact. However, due to attachment of biceps femoris onto the fibular head, caution is still advised during the early stages of rehabilitation.

- Week 0-6
  - TTWB using bilateral crutches
  - Knee brace set to 0-90 degrees ROM
  - Ice and elevation to control swelling
  - Initiate PROM from 0-90 degrees
  - AAROM as tolerated within 0-90 degree range
  - Begin strengthening with focus on quadriceps-based exercises
    - Quad sets
    - SAQ
    - SLR
    - S/L hip ABD
    - Isometric ADD w/ bolster
    - 4-way ankle (caution with eversion and monitor discomfort level of patient)
    - Plantar foot intrinsics
    - Core stability
  
- Week 6-12
  - Full WBAT
  - Initiate full PROM and AAROM
  - May begin stationary bike
  - Gait training may be continued without brace
  - Initiate AROM and isometric HS exercises as tolerated
    - Heel slides
    - Bridges
  - Initiate weight-bearing exercises
    - Heel raises/toe raises
    - Step up/down
    - TKE
    - Mini squats (not to exceed 70 degrees knee flexion)

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- Begin proprioceptive exercises (maintain closed kinetic chain)
  - SLS
  - Cone taps
  - Ball toss

**\*\*\*No resisted hamstring activity until week 10\*\*\***

- Week 12-16
  - Progress strengthening exercises above
  - Progress proprioceptive exercises
  - May begin gradual return to running (with consideration on progression of hamstring strength)
- Week 16
  - Progression of strengthening exercises
  - Progress proprioceptive exercises with plyometric activity
    - Lateral jumping
    - Drop jumps
  - Begin return to sport-specific activity

**\*\*\*If a patient is not progressing, please call office for recommendations and to discuss POC\*\*\***