



Non-Operative Tibial Plateau Fracture

Name: _____

Dr: _____

Date: _____

● = Do exercise for that week/month

Week

Month

Initial Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Extension/ Flexion-wall slides	●	●	●	●	●	●	●	●	●	●				
Extension/ Flexion -sitting	●	●	●	●	●	●	●	●	●	●				
Extension/ Flexion- prone	●	●	●	●	●	●	●	●	●	●				
Quad sets with straight leg raises	●	●	●	●	●	●	●	●	●	●				
Hamstring sets	●	●	●	●	●	●	●	●	●	●				
Patella/Tendon mobs.	●	●	●	●	●	●	●	●	●	●				
Ankle Pumps	●	●	●	●										
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●	●	●				
Runners stretch for calf and achilles									●	●	●	●	●	●
Stork stand for quadriceps								●	●	●	●	●	●	●
Toe and heel raises									●	●				
1/3 knee bends									●	●				
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Bike with single leg/single leg rowing	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Bike with both legs	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Aquajogging	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Treadmill-incline 7-12%										●	●	●	●	●
Swimming with fins						●	●	●	●	●	●	●	●	●
Elliptical trainer											●	●	●	●
Rowing											●	●	●	●
Stair stepper											●	●	●	●
Sport Cord Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Double knee bends									●	●	●	●	●	●
Carpet drags							●	●	●	●				
Gas Pedal							●	●	●	●				
Forward/backward jogging											●	●	●	●
Single knee bends											●	●	●	●
Side to side lateral agility											●	●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial											●	●	●	●
Advance												●	●	●
Weights	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Leg press to 90 degrees											●	●	●	●
Leg curls – don't hyperextend											●	●	●	●
Ab/adduction											●	●	●	●
Mini squats with bar											●	●	●	●
Balance Squats											●	●	●	●
High Level Activities	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Outdoor biking											●	●	●	●
Golf											●	●	●	●
Running													●	●
Skiing, basketball, tennis, football, soccer													●	●

**Patient
Check List**

**ROM
RESTRICTIONS**

**BRACE
SETTINGS**

**WEIGHT
BEARING
STATUS**

- Non WB
- Touch Down WB
- Partial 30% WB
- As tolerated WB
- Full WB

TIME LINES

- Week 1 (1-7POD)
- Week 2 (8-14POD)
- Week 3 (15-21POD)
- Week 4 (22-28POD)