



Always First™

FOX VALLEY ORTHOPEDICS

TIBIA FRACTURE WITH ORIF

PHASE 1

0-6 weeks

- Weight bearing
 - Usually toe touch weight bearing for 6 weeks, then progressing to FWB
 - AROM, PROM to patient tolerance
- (check w/ MD- patient with poor bone quality = slower ROM progression)
- Strengthening
 - Ankle Theraband
 - Manual techniques
 - Soft tissue mobilizations
 - Modalities
 - Electrical stimulation
 - Cold packs

PHASE 2

6+ weeks

- Weight bearing
 - Progress to FWB (clarify with MD)
- AROM, PROM to patient tolerance
- Strengthening
 - Resisted strengthening at 6-8 weeks
 - (depends on healing shown on x-ray - clarify with MD)
- Manual techniques
 - Soft tissue mobilizations
- Modalities
 - Electrical stimulation
 - Cold packs