

# Tibial Spine Avulsion Fracture Surgery Specific Instructions

## Weight-Bearing Restrictions:

- Weeks 0-2: Toe-touch or 10% weight bearing
- Weeks 3-4: Partial or 50% weight bearing
- Weeks 5-6: Weight bearing as tolerated
  - Wean from crutches as patient demonstrates normal gait mechanics and improved quad control.

## Hinged-Knee Brace Instructions:

- Weeks 0-4: Brace locked in extension while ambulating and sleeping.
- Weeks 5-6: Weight bearing as tolerated locked in extension while ambulating. Brace is not required while sleeping.
- Weeks 7-8: Begin unlocking in 30° increments every 3-4 days. Unlock completely by the start of Week 8 and d/c after Week 8.

## Range of Motion:

- 0 to 90 degrees weeks 0-3
- 0 to 125 degrees by week 6