

Tibial Plateau Fracture



Golf, outdoor biking

	Name:							DOB:				
	Dr: Godin							DOS	:			
									_			
DOM				W	eek	s fr	om	surge	ery			
ROM RESTRICTIO	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27+
NS NS	Flexion/Extension – Wall slides											
143	Flexion/Ext – seated/calf assisted											
0-90 x 2	Patella/Tendon mobilization											
weeks then	Extension mobilization (no hyperext)											
FROM	Quad series											
	Hamstring sets											
	Sit and reach for hamstrings (no											
BRACE	hypertext)											
SETTINGS	Ankle pumps Bike with no resistance											
						•_	11		<u> </u>			
T scope 0-0	Progress to Endurance: ROM >125°, Muscular Endurance 3 x 15, 45s	QUC	10 SE	er tno	и те	mine	ally (extenas	tne knee			
until no quad	rest								9-14+			
lag then 0-90	Lateral band stepping											
x 6 wks	Single leg leg press											
	Squat progression											
	RDL											
Weight	Tuck squat											
Bearing	Progress to strength: 15+ weeks & Q	vad	inde	ex >7	70%,	Υb	alan	ce ante	rior reach	<8cm side t	o side diff	erence
status	Muscular Strength 3 x 10 120s									15-20+		
\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	rest Lateral band stepping											
NWB x 6	Single leg leg press											
weeks	Hex bar squat											
	II LIEX DOI SOUGI										4	
	•	 										
	Kettlebell deadlift											
	Kettlebell deadlift Elevated split squat	I d in	dev	>00	% F	lame	tring	index	>90% Y b	alance ante	vior reach	<acm< td=""></acm<>
	Kettlebell deadlift	nd in	dex	>90	%, F	lams	string	index	>90%, Y b	alance ante	rior reach	<4cm
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quaside to side difference Muscular Power 3 × 6, 180s	ad in	dex	>90	%, H	lams	string	index	>90%, Y b	alance ante	erior reach	<4cm
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quaside to side difference Muscular Power 3 x 6, 180s rest	ad in	dex	>90	%, F	lams	string	index	>90%, Y b	alance ante		<4cm
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quaside to side difference Muscular Power 3 x 6, 180s rest Front squat	ad in	odex	>90	%, F	lams	string	index	>90%, Y b	alance ante		<4cm
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quaside to side difference Muscular Power 3 × 6, 180s rest Front squat Barbell deadlift	ad in	dex	>90	%, F	lams	string	index	>90%, Y b	alance ante		<4cm
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quaside to side difference Muscular Power 3 × 6, 180s rest Front squat Barbell deadlift Split jumps	ad in	dex	>90	%, F	lams	string	index	>90%, Y b	alance ante		<4cm
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quaside to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags									alance ante		<4cm
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quaside to side difference Muscular Power 3 × 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & Tri									alance ante		
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quaside to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & Tri Running, Speed & Agility									alance ante		27+
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quaside to side difference Muscular Power 3 × 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & Tri Running, Speed & Agility Running progression									alance ante		
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quaside to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & Tri Running, Speed & Agility Running progression Ladder footwork drills									alance ante		
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Queside to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & Tri Running, Speed & Agility Running progression Ladder footwork drills Forward & backward cone drills									alance ante		
	Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quaside to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & Tri Running, Speed & Agility Running progression Ladder footwork drills									alance ante		

Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria

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