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**Post-Operative Rehabilitation Guidelines for Proximal Tibiofibular  
Stabilization with Tightrope fixation**

*\*\*this is not a reconstruction of the joint, if reconstruction was performed please see  
separate PT protocol*

- 0-4 Weeks: TDWB for 2 week, Progress to WBAT by week 4  
Brace locked at 0 degrees for ambulation and sleeping  
ROM: 0-90° with emphasis on full extension  
Patella mobilization  
SLR supine with brace locked at 0 degrees, Quad Sets  
Ankle Pumps  
Short crank (90mm) ergometry
- 4-6 Weeks: WBAT. Unlock Brace for Weight Bearing  
ROM: 0-125 degrees (Maintain full extension)  
Active knee extension to 40 degrees  
Standard (170mm) ergometry (when knee ROM > 115 degrees)  
Leg Press (80-0 degree arc)  
Mini Squats / Weight Shifts  
Proprioception training  
Initiate Step Up program  
Avoid Tibial Rotation until 6 weeks
- 6-12 Weeks: Progressive Squat program  
Initiate Step Down program  
Leg Press, Lunges  
Isotonic Knee Extensions (90-40 degrees, closed chain preferred)  
Agility exercises (sport cord)  
Versaclimber/Nordic Track  
Retrograde treadmill ambulation
- >12 weeks: Begin forward running (treadmill) program when 8" step down satisfactory  
Continue Strengthening & Flexibility program  
Advance Sports-Specific Agility Drills  
Start Plyometric program  
Return to Sport (MD Directed) Goal is 4 months