

Tibial Nail Surgery Rehab Protocol

Dr. Nielsen

0-2 weeks

- Non-weightbearing or toe-touch weightbearing on operative leg
- Postop splint in place
- Encourage knee and hip ROM

2-4 weeks

- Non-weightbearing or toe-touch weightbearing on operative leg
- CAM boot to be worn except with exercises or showering
 - Edema wear encouraged for swelling
- ROM home exercises
 - Ankle active and self-passive motion with towel to gain dorsiflexion
 - Knee ROM active and self-passive motion
- PT single visit with HEP

4-6 weeks

- Non-weightbearing on operative leg
- CAM boot to be worn except with exercises or showering
 - Edema wear encouraged for swelling
- Ankle and knee ROM encouraged
 - Active and passive
 - Subtalar and midfoot ROM included
- Gentle non-weightbearing strengthening exercises may start at 4 weeks if ROM regained
- PT starts 2-3/week for 6-8 weeks

6-12 Weeks

- WBAT in CAM boot starting at 6 weeks for most fractures
- Strengthening, proprioception, quadriceps strengthening
- Continue PT 2-3/week

12+ Weeks

- Typically wean out of CAM boot
 - Depends on fracture healing and pain level
- Continue strengthening exercises as needed
- Formal PT depends on patient progress