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Guidelines For
Tibial Plateau
Fracture Open
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Tibial Plateau Fracture Open Rehabilitation of Tibial plateau

fracture. What does surgery and rehab of a tibial plateau fracture entail?

Tibial Plateau
Fracture - Knee
Surgery Repair with
Physical Therapy

Tibial Plateau
Fracture w/ORIF

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Exercises

Tibial Plateau
Fracture
Management
Tibial
Plateau Fracture with
Metal Plate Fixation
Tibial Fracture Phase
2 Rehab Tibia plateau
fracture
physiotherapy
management and
exercises for tibial
shaft fracture

Tibial plateau book

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Chapter review Phase

1: Broken Leg (Tibia Plateau) How I

Healed /u0026

Rehabbed Phase 2:

Broken Leg (Tibia Plateau) How I

Healed /u0026

Rehabbed Ortho Fraes

Less Common

Approaches to the Knee by Dr.

Alexander Rahill How to Recover Quickly

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From Broken Leg
(Fractured Tibia +
Fibula, ORIF Surgery)

Broken tibia and
fibula Progress!! 7
weeks since I broke
my leg. Broken
Tibia/Fibula - Update
Advanced
Exercises Posterior
and medial approach
to tibial plateau Tibial
internal rotation
corrective exercises

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Rehabilitation

I'M WALKING AGAIN,
6 weeks post knee
surgery!!!!!!!!!!

Universal Tibial Nail II
~~High Tibial~~

~~Osteotomy (HTO) for
Bow Leg Correction~~

How does a plate and
screws help a broken
bone heal? tibial
plateau fracture 8
weeks (end of non
weight bearing).

Tibial plateau

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Guidelines For

management. Prof.
Sherif Khaled.

nasrcity covid19 time
online lectures2020

Challenges with tibial
plateau fractures -

Panel case discussion

~~Patient's Testimonial
after Rehabilitation of~~

~~Tibial plateau~~

~~fracture of right leg.~~

~~Tibial plateau~~

~~fractures 2 MY~~

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Rehabilitation

FOURTH SURGERY ~
TIBIAL PLATEAU
FRACTURE AND TORN
MENISCUS ~ BROKEN
LEG/KNEE/REHAB
STORY Tibial plateau
fracture: Mechanism
of injury and
treatment options
~~Tips to make us more
successful with
managing tibial
plateau fractures~~ ACL
Rehabilitation with

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Bart Dingenen | For
Physiotutors Podcast
Ep. 002

Rehabilitation

Guidelines For Tibial
Plateau

REHABILITATION

GUIDELINES FOR

TIBIAL PLATEAU

FRACTURE PHASE I

(WEEKS 1-6) DATES:

Appointments • MD

follow up visit at 2

weeks post op •

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Rehabilitation

Begin physical therapy for knee ROM at 2 weeks post op
Rehabilitation Goals

- Maintain knee EXT to allow incisions to heal and prevent knee flexion contracture

REHABILITATION
GUIDELINES FOR
TIBIAL PLATEAU
FRACTURE

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Rehabilitation

REHABILITATION
GUIDELINES: TIBIAL
PLATEAU FRACTURE
OPEN REDUCTION
INTERNAL FIXATION
STAGE 1 (Day 1 - 4
weeks): ROM: ASK
SURGEON: hinged
brace locked in full
extension, pillow
under calf with leg
elevated, patellar
mobilizations,
gradually increase

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Rehabilitation

ROM 0-90 degrees,
brace during sleep
for 6 weeks.

Fracture Open

REHABILITATION

GUIDELINES: TIBIAL

PLATEAU FRACTURE

OPEN ...

REHABILITATION

GUIDELINES: TIBIAL

PLATEAU FRACTURE

... REHABILITATION

GUIDELINES: TIBIAL

PLATEAU FRACTURE

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Rehabilitation

OPEN REDUCTION

INTERNAL FIXATION

STAGE 1 (Day 1 - 4

weeks): ROM: ASK

SURGEON: hinged

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extension, pillow

under calf with leg

elevated, patellar

mobilizations,

gradually increase

ROM 0-90 degrees,

brace during sleep

for 6 ...

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Rehabilitation
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Rehabilitation
Guidelines For Tibial
Plateau ...

Based on the observation that rehabilitation practices for tibial plateau fractures are inconsistent and lack uniformity in the published literature, this scoping review

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Rehabilitation

will seek to identify all relevant studies that have reported on rehabilitation for tibial plateau fractures in order to comprehensively map the characteristics of the practices. This scoping review will then be used to identify commonalities across

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the included studies
in order to identify
potential focus
questions for ...

Rehabilitation for tibial plateau fractures in adults: a

...

- Begin physical therapy for knee ROM at 2 weeks post op
- Rehabilitation
Maintain Goals

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Rehabilitation

- kneeEXT to allow incisions heal and prevent flexion contracture
- Maintain NWB x 6 weeks (okay to place foot on ground for balance in standing) or as cleared by Dr. Cien 90 degrees flexion by 6 weeks post op

REHABILITATION

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GUIDELINES FOR TIBI AL PLATEAU FRACTURE

Fractures of the knee include fractures of the patella, femoral condyles, tibial eminence, tibial tuberosity and tibial plateau. Fractures of the knee... More:
Evidence Summaries

tibial plateau fracture

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rehab | Evidence For
search | NICE

Weeks 9 to 10:

Normalize gait
pattern Advance
stationary bike
program; begin
treadmill walking and
elliptical trainer;
Avoid running and
impact activity
Initiate closed kinetic
chain exercises
progressing bilateral

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to unilateral Initiate
proprioception
training
Fracture Open

Tibial Plateau
Fracture Post-
Operative Protocol ...
Recovery for
Fractured Tibial
Plateau or Tibial
Plateau Fractures
Early Motion
Exercises for
Fractured Tibial

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Guidelines For

Tibial Plateau Fractures.

Your physician will have to decide the...

Weight Bearing

Suggestions for

Fractured Tibial

Plateau or Tibial

Plateau Fractures.

You must follow the

...

Physiotherapy and

Recovery for

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Fractured Tibial Plateau or ...

The treatment for tibial plateau fractures aims to achieve anatomical reduction of the joint surface and stable osteosynthesis in order to enable early mobilization, so as to prevent complications such as joint stiffness and

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general post-
operative
Tibial Plateau
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complications such as
deep vein thrombosis
or pulmonary
embolism.

Tibial Plateau

Fractures -

Physiopedia

Department of

Rehabilitation

Services Physical

Therapy Standard of

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Care: Tibial Plateau

Fracture Case Type /

Diagnosis: ICD-9:

823.00 - fracture of proximal tibia Tibial plateau fractures can occur as a result of high-energy trauma or in low-energy trauma when bone quality is poor. The most common mechanism of injury is motor vehicle

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accident,
Tibial Plateau
Standard of Care:
Tibial Plateau

Fracture

No resisted leg extension machines (isotonic or isokinetic) at any point. *Use the bone stimulator once per day (preferably at same time each day) for 30 minutes for 3

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months. *Use the CPM set at 0 to 50 degrees for 6 hours a day for 4 weeks.

Week 1

Tibial Plateau Fracture Surgery Rehab Protocol & Recovery

In the first stage of rehabilitation from a tibial plateau fracture, your knee

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Rehabilitation

must be immobilized for six to eight weeks to allow your tibial plateau to heal. Stage 2 Once your tibial plateau has fused together, your cast or hard brace may be removed. This marks the end of the first stage of rehab and the beginning of the second.

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Rehabilitation For

Tibial Plateau Knee

Surgery | Healthfully

Fracture Open

Surgical treatment of a displaced tibial plateau fracture usually involves open reduction and internal fixation (ORIF) of the tibial plateau fracture.

Open reduction refers to open surgery to realign the

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Guidelines For
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Fracture Open
bones and internal
fixation refers to
fixation of screws
and/or plates to hold
the affected bones in
place and to help
support the fracture.

Tibial Plateau
Fracture - Knee -
Surgery - What We
Treat ...

have reported on
rehabilitation for

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Rehabilitation

tibial plateau For

fractures in order to
comprehensively
map the

characteristics of the
practices. This

scoping review will
then be used to

identify

commonalities across
the included studies

in order to identify
potential focus

questions for

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Guidelines For
systematic reviews.

Rehabilitation for
tibial plateau
fractures in adults: a

...

A tibial plateau fracture occurs at the top of your shin and prevents you from being able to place weight on your leg. If you experience

Read PDF Rehabilitation Guidelines For trauma to your leg that results in pain, swelling, or a... Tibial Plateau Fracture Open

Tibial Plateau Fracture - Healthline

Surgery is usually required for displaced fractured tibial plateau or displaced tibial plateau fractures to re-fix the fragments in place and to

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promote proper healing of the bone tissue. The bones are fixed in place by placing screws and/or plates in and around the broken bone fragments to keep them secure.

Diagnosis &
Treatment for
Fractured Tibial
Plateau or ...

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Rehabilitation

Initially, sports injury treatment using the P.R.I.C.E. principle – Protection, Rest, Icing, Compression, Elevation can be applied to a tibial plateau fracture.

Nondisplaced fractures of the tibial plateau can often be treated non-operatively with a period of non-weight

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bearing with a
hinged knee brace.
Tibial Plateau
Fracture Open

Tibial Plateau
Fracture - Sports
Injuries, treatment
and ...

Treatment is
supportive. A
backslab can be
applied. An above-
knee walking cast for
4 weeks is optional.

Fracture clinic in 2

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Rehabilitation

weeks with x-ray.

Undisplaced tibial shaft fracture. No reduction is needed.

Above-knee cast for 4-6 weeks (age and healing-dependent)

Patient would benefit from procedural sedation for application of the cast

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