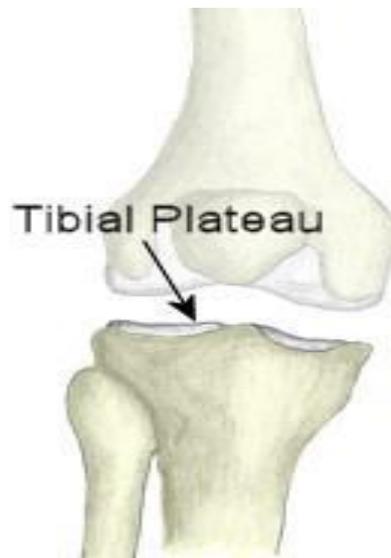


Physiotherapy

Tibial Plateau Fractures

What is a tibial plateau fracture?

A tibial plateau fracture is a break in the upper part of the shin bone called the tibial plateau which affects the stability and motion of the knee joint.



What to expect

Tibial plateau fractures can be managed surgically or non-surgically. Following a consultant review, you will be seen by a physiotherapist who will assist with transferring you out of bed and mobilising. You may or may not have a knee brace (pictured below) depending on your post-operative instructions. The amount of weight bearing you can put on your operated leg will depend on the surgery you have had. Your surgeon or physiotherapist will advise you on this.



Patient Information



Exercises

The extent of your recovery will often depend on the amount of effort you are prepared to put in to your rehabilitation.

The exercises might be quite hard initially but it is important to maintain the movement in the knee and the strength in the muscles especially in your quadriceps.

Ankle exercises

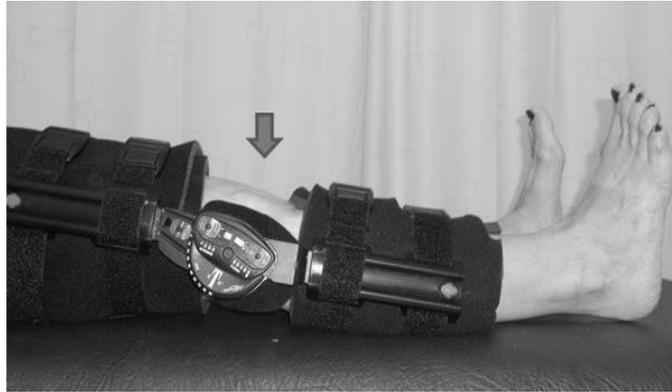
Lay on the bed with your heels free, move your ankles briskly by pointing your feet up and down. **Repeat 10 times.**



Patient Information

Static quadriceps

Lie or sit with your leg extended. Pull your toes towards you and push your knee firmly against the bed. **Hold it for 5 seconds** and relax. **Repeat 10 times.**



Knee flexion exercises

In the lying down position, bend your knee to the degree the consultant has suggested by sliding your heel up the bed. **Repeat 10 times.** Your physiotherapist can also advise you on this.

To make this easier you may use a sliding board and donut, pictured below.



Patient Information

Daily activities

If you are allowed to weight bear, you should try and walk as normally as possible. Although you may have to have your brace locked in extension when doing so.

Return to daily activities as advised by your consultant or physiotherapist. If you have any questions about returning to sport please discuss this with your consultant.

Stairs

- When going **upstairs** put your **non-operated leg** up first and then **operated leg** on the same step.
- When going **down**, put your **operated leg** first and then **non-operated leg** on the same step.

Your physiotherapy will continue with an outpatient appointment.

Further Information

If you have any queries or concerns please contact:

University Hospital Coventry and Warwickshire Physiotherapy Department

Telephone: 024 7696 6013

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6013 and we will do our best to meet your needs.

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