



HEALTH

UNIVERSITY OF UTAH

Stephen K. Aoki, MD

University Orthopedic Center & Primary Children's Medical Center

Tibial Spine Repair (Knee)

Surgery:

- 1.5-2 Hours Long
- Same Day Surgery
- Anesthesia may offer & recommend a nerve block for pain control

Surgical Goals:

- Repair Tibial Spine fracture
- Evaluate for Meniscus/Cartilage Damage (treat if necessary)
- Decrease Pain/Improve Function

General Timeline After Surgery:

- 0-2 weeks Post-Op: Toe touch weight bearing with crutches. In immobilizer brace and splint at all times. Leave original dressings on from surgery for first two weeks. Knee must stay in full extension. Most patients are typically able to return to school at ~1 week post-op, with crutches
- 2-6 weeks Post-Op: Partial weight bearing with crutches. Work on obtaining full extension and full flexion. Continue wearing brace at school/work. Okay to take brace off at home.

- **Start formal Physical Therapy 2 weeks after surgery date**

(Find a physical therapist that's close to home and covered by insurance)

- 6-12 weeks Post-Op: Full weight bearing. Full range of motion. Increase balance and strength exercises with physical therapy.
- 3-6 months Post-Op: Continue to focus on strength and balance exercises. May add in light agility or sport specific drills. Increase to full activity as tolerated.

***Changes to timeline may occur if cartilage or meniscus work is performed ***

- **Schedule Post-Op Appointments: 2 weeks, 3 months, 6 months, and 1 year out from surgery**

Dr. Aoki's Team Contact Information:

FOR MORE INFORMATION VISIT WWW.AOKIMD.COM

Clinic/Pre & Post-Op Questions

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Clinic/Appointment Questions

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Surgery Scheduling

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