

Tibia Intramedullary Nail Rehabilitation Protocol

- **Weeks 0-6**
 - Goals: prevent stiffness, decrease swelling/inflammation, and protect fixation
 - Weight bearing as tolerated unless instructed otherwise, progress in slow and graduated manner
 - Use crutches/gait aide as needed, but okay to discontinue as able
 - Aggressive passive, active-assist, and active ROM of knee, ankle, and foot to prevent stiffness; emphasize full knee extension and ankle dorsiflexion
 - Gait training, balance training as able
 - Start lower extremity PNF
 - Modalities as needed for muscle stimulation, pain control, swelling control
 - Emphasize consistent elevation and ice for swelling control, especially at home
- **Weeks 6-12**
 - Goals: improved swelling and pain, increase ROM, begin strengthening
 - Continue aggressive ROM of knee, ankle, and foot
 - Continue gait training, balance, proprioception
 - Progress strengthening of hip, knee, and ankle muscle groups
 - Emphasize importance of home exercise program
 - Modalities as needed for muscle stimulation, pain control, swelling control
 - Okay for hydro/aquatic therapy if available
- **Weeks 12+**
 - Goals: increase strength, return to work, sport, and/or pre-injury functional level with minimal to no restrictions
 - Continue with lower extremity strengthening
 - Continue with balance and proprioceptive training, if needed
 - In older patient, hip abductor strengthening can be useful to prevent Trendelburg gait
 - Work on improving functional/ADL tasks as needed
 - Return to running program, if applicable
 - Functional/work-specific/sport strengthening and training, if applicable
 - Customized HEP to continue once PT/OT is completed

