

Tibial Plateau Fracture



Use of a hinged knee brace is one of many treatment options

Overview

This condition is a fracture at the top of the tibia, also called the shin bone. This fracture usually involves both bone and cartilage, so there is a high risk of developing arthritis from injury to the cartilage cells.

Causes

A tibial plateau fracture is usually caused by sudden, direct trauma to the knee, or by force that drives the tibia up into the knee joint. Serious falls and automobile accidents are common culprits.

Symptoms

Common symptoms include pain, swelling, bruising, and weakness or lack of mobility in the knee.

Treatment

For fractures that have not shifted, surgery may not be needed. The most common non-surgical treatment is a short leg, non-weightbearing cast or a hinged knee brace, combined with physical therapy and rest. Fractures that have shifted require surgery.