

## ORIF Patella Fracture Post-Operative Rehabilitation Protocol

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### **\*\* START PT POD 14**

#### **Phase I: 0-2 Weeks**

**Hinge knee brace locked in extension for the first 2 weeks**

- **Weightbearing:** WBAT with the knee locked in extension
- **Range of Motion:** Locked in extension for 2 weeks
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises

#### **Phase II: 2-6 Weeks**

**Knee Brace:** Worn with weightbearing activities still locked in full extension– may be removed at night

- **Weightbearing: Range of Motion:** AROM/AAROM/PROM – add 15 degrees of flexion each week– Goal is 90 degrees by post-op week 6
- **Therapeutic Exercises:** aggressive patella mobilization, Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

#### **Phase III: 6-10 Weeks**

**Knee Brace:** Unlocked – worn with weightbearing activities

- **Weightbearing:** Full
- **Range of Motion:** AROM/AAROM/PROM – progress to full ROM by post-operative week 10
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

#### **Phase IV: 10-12 Weeks**

**Knee Brace:** Discontinue

- **Weightbearing:** Full
- **Range of Motion:** Full
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises, Start stationary bicycle

#### **Phase V: 3-6 Months**

**Return to full activities as tolerated**