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