

## ORIF PATELLA FRACTURE POST-OPERATIVE REHABILITATION PROTOCOL

Frequency: times per week	k Duration:	weeks
<b>Comments:</b>		
	ted	
ening, Ankle theraband exercises, In		
9	quadriceps/hamstring/ac	dductor/abductor strength-
Phase IV: 10-12 Weeks		
		aductor/abductor strength-
tive week 10		144/-1-4
<ul> <li>Range of Motion: AROM/AARO</li> </ul>	M/PROM – progress to	full ROM by post - opera-
• Weightbearing: Full	organocuring activities	•0
Phase III: 6-10 Weeks • Knee Brace: Unlocked – worn wi	th weighthearing activiti	es
-	nitiate straight leg raises	
<u>-</u>		dductor/abductor strength-
by post - op week 6		
Goal is 90 degrees	ovi – aud 13 degr	ces of ficatori each week –
	M/PROM add 15 dear	ees of flexion each week
be removed at night		
• Knee Brace: Worn with weightbe	aring activities still locke	ed in full extension- may
—— Phase II: 2-6 Weeks		
ening, Ankle theraband exercises		
9	•	
· · · · · · · · · · · · · · · · · · ·		
		physical therapy sessions
Phase I: 0-2 Weeks		
	• Knee Immobilizer: Worn at all ticonverted to hinged knee brace at fi • Weightbearing: WBAT with the • Range of Motion: AROM/AARO • Therapeutic Exercises: Isometric ening, Ankle theraband exercises  Phase II: 2-6 Weeks • Knee Brace: Worn with weightbe be removed at night • Weightbearing: Full • Range of Motion: AROM/AARO Goal is 90 degrees by post - op week 6 • Therapeutic Exercises: Isometric ening, Ankle theraband exercises, In  Phase III: 6-10 Weeks • Knee Brace: Unlocked – worn wield weightbearing: Full • Range of Motion: AROM/AARO tive week 10 • Therapeutic Exercises: Isometric ening, Ankle theraband exercises, In  Phase IV: 10-12 Weeks • Knee Brace: Discontinue • Weightbearing: Full • Range of Motion: Full • Therapeutic Exercises: Isometric ening, Ankle theraband exercises, In  Phase V: 3-6 Months • Return to full activities as tolera  Comments:	• Knee Immobilizer: Worn at all times – taken off only for converted to hinged knee brace at first post - op visit • Weightbearing: WBAT with the knee locked in extension • Range of Motion: AROM/AAROM/PROM 0 - 30 degree • Therapeutic Exercises: Isometric quadriceps/hamstring/acening, Ankle theraband exercises  Phase II: 2-6 Weeks • Knee Brace: Worn with weightbearing activities still locked be removed at night • Weightbearing: Full • Range of Motion: AROM/AAROM/PROM – add 15 degrees by post - op week 6 • Therapeutic Exercises: Isometric quadriceps/hamstring/acening, 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 tive week 10 • Therapeutic Exercises: Isometric quadriceps/hamstring/acening, Ankle theraband exercises, Initiate straight leg raises  Phase IV: 10-12 Weeks • Knee Brace: Discontinue • Weightbearing: Full • Range of Motion: Full • Range of Motion: Full • Therapeutic Exercises: Isometric quadriceps/hamstring/acening, Ankle theraband exercises, Initiate straight leg raises, Phase V: 3-6 Months • Return to full activities as tolerated  Comments: