ORIF Patella Fracture Post-Operative Rehabilitation Protocol

Phase I: 0-2 Weeks
- **Knee Immobilizer**: Worn at all times – taken off only for physical therapy sessions 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 degrees
- **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**: 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**

Comments:

Frequency: _______ times per week 
Duration: _______ weeks

Signature: ___________________________ 
Date: ___________________________