

Postoperative Rehabilitation Protocol for Patella ORIF

**Physical Therapy should be started within a week after surgery*

Phase 1: Postoperative weeks 0-2

- **Hinged Knee Brace:**
 - Worn at all times
 - Take off only for physical therapy sessions
- **Weightbearing:** WBAT with the knee locked in extension with crutches at all times
- **Range of Motion:** PROM only: from 0-30 degrees (or to flexion determined intra-operatively). Do not force flexion
- **Exercises:**
 - Isometric quadriceps/hamstring/adductor/abductor strengthening;
 - Ankle TheraBand exercises
- Modalities PRN

Phase 2: Postoperative weeks 2-6

- **Hinged Knee Brace:**
 - Locked in full extension with weight bearing.
- **Weightbearing:** WBAT with the knee locked in extension with crutches at all times
- **Range of Motion:** PROM only: add 15 degrees of flexion each week – Goal is 90 degrees by post-op week 6
- **Exercises:**
 - Isometric quadriceps/hamstring/adductor/abductor strengthening
 - Ankle TheraBand exercises
 - May begin to initiate straight leg raises

Phase 3: Postoperative weeks 6-10

- **Hinged Knee Brace:** Unlocked – worn with weightbearing activities
- **Weightbearing:** Full. May discontinue crutches.
- **Range of Motion:** AROM/AAROM/PROM – progress to full ROM
- **Exercises:**
 - Isometric quadriceps/hamstring/adductor/abductor strengthening
 - Ankle TheraBand exercises
 - Straight leg raises

Phase 4: Postoperative weeks 10-12

- **Hinged Knee Brace:** Discontinue
- **Weightbearing:** Full
- **Range of Motion:** Full
- **Exercises:** Start stationary bicycle, Progress previous exercises.

Phase 5: 3-6 months

- Return to full activities as tolerated