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**Post-Operative Rehabilitation Guidelines for Patella ORIF**

**Weeks 0-2**

• Knee Immobilizer or ROM brace locked in extension – wear at all times locked in extension

• Weight-bearing as tolerated with the knee locked in extension.

• No ROM

**Weeks 2-6**

• Knee Brace – wear with weight-bearing activities, still locked in full extension with

ambulation. Can unlock brace when sitting

• Weight-bearing as tolerated with the knee locked in extension.

• Range of Motion: add 20 degrees of flexion each week as tolerated. The goal is 90

degrees of flexion by week 6. Emphasis on full extension

• Therapeutic Exercises: Isometric quadriceps, hamstring, adductor, abductor

strengthening; ankle Thera band exercises. Initiate straight leg raises. Mini squats

**Weeks 6-10**

• Knee Brace – wear with weight-bearing activities, unlocked with all activities.

Discontinue knee brace once quad control is adequate.

• Range of Motion: AROM / AAROM / PROM, progress to full ROM by post-op Week 8.

• Therapeutic Exercises: Add double leg strength training. Leg press, mini squats,

hamstring curls, weight shifts

• May begin upright stationary bike without resistance

• Knee Brace – discontinue when quad strength

**Weeks 10-16**

• Progress with single and double leg strength training

• Initiate Step-Up/Step-Down program

• Lunges

• Proprioception training

• Retrograde treadmill

>16 weeks

• Begin running progression

• Initiate agility training

• Return to sport program

*Protocol adapted from HSS PT protocols, Dr. Benedict Nwachukwu https://manhattansportsdoc.com/post-operative-rehabilitation-guidelines-for-patella-orif/*