



Patella Fracture ORIF Rehab Protocol

Phase 1 (0-2 Weeks)

Brace:

- Knee Immobilizer: Worn at all time – take 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 2 (2-6 Weeks)

Brace:

- Knee brace worn with weightbearing activities still locked in full extension

Weightbearing:

- WBAT with the knee locked in extension

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 3 (6-10 Weeks)

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 4 (10-12 Weeks)

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 5 (3-6 Months)

- Return to full activities as tolerated