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REHAB PROTOCOL: ORIF Patella

Name:_____ **Date:**_____ -

Diagnosis:_____ **Date of Surgery:**_____

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:** WBAT in knee brace 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 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:_____