



## ORIF Patellar Frx Rehab Protocol

Patient Name: \_\_\_\_\_ 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
- Exercises:** Isometric quads/hams/adds/abds strengthening; Ankle therabands

### Phase II: 2-6 Weeks

- Knee Brace:** Worn with wb activities still locked in full extension– may be removed at night
- Range of Motion:** AROM/AAROM/PROM – add 15 degrees of flexion each week – Goal: 90 degrs by wk 6
- Exercises:** Isometric quads/hams/adds/abds strengthening; Ankle therabands; Initiate SLRs

### Phase III: 6-10 Weeks

- Knee Brace:** Unlocked – worn with wb activities
- Weightbearing:** Full
- Range of Motion:** AROM/AAROM/PROM – progress to full ROM by post-operative week 10
- Exercises:** Isometric quads/hams/adds/abds strengthening; Ankle therabands; SLRs

### Phase IV: 10-12 Weeks

- Knee Brace:** Discontinue
- Weightbearing:** Full
- Range of Motion:** Full
- Exercises:** Isometric quads/hams/adds/abds strengthening, Ankle therabands; Start stationary bicycle

**Phase V: 3-6 Months** -Return to full activities as tolerated.

If you have any other questions or concerns please call my clinic.

Dr. Jason K. Lowry, MD FAAOS