

**Patella Open Reduction Internal Fixation:**

*The intent of this protocol is to provide the therapist with guidelines of the post-operative rehabilitation course after a patella ORIF. It should not be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of post-operative complications. The therapist should consult the referring physician with any questions or concerns.*

**INDIVIDUAL CONSIDERATIONS:**

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**Phase I (Weeks 0-2)**

- 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 (Weeks 2-6)**

- Knee Brace: Worn with weightbearing activities still locked in full extension- may be removed at night
- Weightbearing: Full
- 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 (Weeks 6-10)**

- 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 (Weeks 10-12)**

- 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 (Months 3-6)**

- Return to full activities as tolerated