

Rehabilitation Protocol for Patella ORIF



Dr. MacClean

Physical therapy should be started within a few days after surgery.

Phase 1: Postoperative weeks 0-2

KNEE IMMOBILIZER

- Worn at all times.
- Take off only for physical therapy sessions.
- Will be converted to a 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 quadriceps/hamstring/adductor/abductor strengthening.
- Ankle TheraBand exercises.

MODALITIES PRN

Phase 2: Postoperative weeks 2-6

HINGED KNEE BRACE

- Locked in full extension with weight bearing.

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

EXERCISES

- Isometric quadriceps/hamstring/adductor/abductor strengthening.
- Ankle TheraBand exercises.

- May begin to initiate straight leg raises.

Phase 3: Postoperative weeks 6-10

HINGED KNEE BRACE

- Unlocked – worn with weightbearing activities.

WEIGHTBEARING

- Full

RANGE OF MOTION

- AROM/AAROM/PROM – progress to full ROM by post-operative week 10

EXERCISES

- Isometric quadriceps/hamstring/adductor/abductor strengthening.
- Ankle TheraBand exercises
- Straight leg raises.

Phase 4: Postoperative weeks 10-12

HINGED KNEE BRACE

- Discontinue

WEIGHTBEARING

- Full

RANGE OF MOTION

- Full

EXERCISES

- Start stationary bicycle.
- Progress previous exercises.

Phase 5: 3-6 months

Return to full activities as tolerated.

*If you have any problems or questions,
please call your doctor's office (8am-5pm).
Answering service for after hours.*

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