**Patella ORIF Rehab Protocol**

**Phase I: 02**

**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: 26**

**Weeks**

**Knee Brace:** Worn with weightbearing activities still locked in full extension– may be removed at night

**Weightbearing: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: 610**

**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: 1012**

**Weeks**

**Knee Brace:** Discontinue

**Weightbearing:** Full

**Range of Motion:** Full

**Therapeutic Exercises:** Isometric quadriceps/