



PATELLA ORIF REHAB PROTOCOL

	WEIGHT-BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Partial weight bearing (50% of weight) with crutches	Locked in extension at all times, including sleeping May only remove for showering (keep leg straight)	N/A Locked in extension at all times	Ankle pumps
PHASE II 2-8 weeks	2-6 weeks: full weight bearing as tolerated with brace locked in extension 6-8 weeks: full weight bearing with brace unlocked to associated ROM	2-3 weeks: 0-30 3-4 weeks: 0-60 4-6 weeks: 0-90 <i>May remove brace for sleeping after 4 weeks</i> 6 weeks: >90 <i>Discontinuation of brace will be determined by fracture healing</i>	2-3 weeks: 0-30 3-4 weeks: 0-60 4-6 weeks: 0-90 6 weeks: >90	Heel slides, quad sets, patellar mobs, SLR Side-lying hip/core/glutes WB calf raises
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
PHASE IV 12-20 weeks	Full	None	Full	Progress phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical and bike Advanced to sport-specific drills and running/jumping after 20 weeks once cleared by Dr. Keller

*** please include BFR in all phases ***