



# Patellar Fracture ORIF Rehabilitation Protocol

## **Phase 1**

(0-2 weeks post-op)

### **Weight Bearing**

Weight-bearing as tolerated with brace locked in extension

### **Brace**

Locked in extension, worn at all times except therapy

### **Range of Motion**

PROM allowed to 30°

### **Therapeutic Exercises**

Isometric quad, ham, add, abd strengthening; ankle thera-band exercises

## **Phase 2**

(2-6 weeks post-op)

### **Weight Bearing**

Weight-bearing as tolerated with brace locked in extension

### **Brace**

Locked in extension, worn at all times except therapy

### **Range of Motion**

Add 15° flexion each week; goal 90° by 6 weeks

### **Therapeutic Exercises**

Advance previous exercises; add straight leg raise, patellar mobilization



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# Patellar Fracture ORIF Rehabilitation Protocol

## **Phase 3**

(6-10 weeks post-op)

### **Weight Bearing**

Weight-bearing as tolerated

### **Brace**

None

### **Range of Motion**

Progress as tolerated

### **Therapeutic Exercises**

Advance previous exercises

## **Phase 4**

(10-12 weeks post-op)

### **Weight Bearing**

Weight-bearing as tolerated without brace

### **Brace**

None

### **Range of Motion**

Progress as tolerated

### **Therapeutic Exercises**

Start stationary bike. bilateral leg press in safe range (30-45°), concentric only



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# Patellar Fracture ORIF Rehabilitation Protocol

## **Phase 5**

(3-6 months post-op)

### **Weight Bearing**

Weight-bearing as tolerated

### **Brace**

None

### **Range of Motion**

Progress as tolerated

### **Therapeutic Exercises**

Begin wall squats if good control, full activities as tolerated



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