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ORIF Patella Fracture Post-Operative Rehabilitation Protocol

Phase I: 0-2 Weeks

- **Physical therapy:** First appointment 7-10 days following surgery
- **Brace:** Postop brace is to be worn, locked at 0 degrees/straight, at all times except for PT exercises
- **Weightbearing:** WBAT with the knee locked in extension. 2 crutch assistance for ambulation
- **Range of Motion:** AROM/AAROM/PROM 0-30 degrees (**begin at first PT visit**)
- **Cryotherapy/Ice:** 30 min on/off as much as possible
- **Therapeutic Exercises:**
 - Isometric quadriceps/hamstring/adductor/abductorstrengthening
 - Ankle theraband exercises

Phase II: 2-6 Weeks

- **Knee Brace:** Worn with weightbearing activities still locked in full extension- may be removed at night
- **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 → **goal for no extension lag / optimal quad control (i.e. hold position without "shaking" by 4-6W prior to allowing the brace to be unlocked during ambulation at 6 weeks)**

Phase III: 6-10 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
 - Continue straight leg raises

Phase IV: 10-12 Weeks

- **Knee Brace:** Discontinue
- **Weightbearing:** Full
- **Range of Motion:** Full
- **Therapeutic Exercises:** Continue above + add in stationary bike

Phase V: 3-6 Months

- **Return to full activities as tolerated**