

Patella Fracture ORIF Rehabilitation Program

The Gundersen Sports Medicine Patellar Fracture ORIF Rehabilitation Program is an evidence-based and soft tissue healing dependent program allowing patients to progress to vocational and sports-related activities as quickly and safely as possible. Individual variations will occur depending on the surgical technique and the patient's response to treatment.

➤ Phase I: 0 – 2 Weeks

- **Knee Immobilizer:** Worn at all times- taken off only for physical therapy sessions converted to hinged knee brace at first post-op visit
- **Weight Bearing:** WBAT with the knee locked in extension
- **Range of Motion:** AROM/AAROM/PROM 0 – 30 degrees
- **Therapeutic Exercise:** Isometric quadriceps/hamstrings/adductor/abductor strengthening, Ankle theraband exercises

➤ Phase II: 2 – 6 Weeks

- **Knee Brace:** Worn with weight bearing activities still locked in full extension-may be removed at night
- **Weight Bearing/Range of Motion:** WBAT with brace locked in extension. AROM/AAROM/PROM – add 15 degrees of flexion each week – Goal is 90 degrees by post-op week 6
- **Therapeutic Exercises:** Isometric quadriceps/hamstrings/adductor/abductor strengthening. Ankle theraband exercises, initiate straight leg raises

➤ Phase III: 6 – 10 Weeks

- **Knee Brace:** Unlocked – worn with weight bearing activities
- **Weight Bearing:** Full
- **Range of Motion:** AROM/AAROM/PROM – progress to full ROM by post-operative week 10
- **Therapeutic Exercise:** Isometric quadriceps/hamstrings/adductor/abductor strengthening. Ankle theraband exercises, initiate straight leg raises

➤ Phase IV: 10 - 12 Weeks

- **Knee Brace:** Discontinue
- **Weight Bearing:** Full
- **Range of Motion :** Full
- **Therapeutic Exercises:** Isometric quadriceps/hamstrings/adductor/abductor strengthening. Ankle theraband exercises, initiate straight leg raises. Start stationary bicycle

➤ Phase V: 3 – 6 Months

- **Return to full activities as tolerated**

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Adapted from NYU Hospital for Joint Diseases

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