

PATELLA FRACTURE ORIF REHABILITATION PROTOCOL

TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-2 weeks	Touch Toe Weight Bearing	Keep knee in immobilizer for comfort.	Brace in full extension at all times.	None
2-10 weeks	Increase to full weight bearing as tolerated with brace locked in full extension. Crutches or walker should be used for assistance.	Start with brace set at 30 degrees of flexion and increase 10 degrees per week	Wear locked in full extension for weight bearing. Unlock hinges to allow flexion when not weight bearing.	Straight leg raises. Patellar mobilization, medial to lateral (side to side). May do active controlled extension, but no resistance
10-12 weeks	Full weight bearing with brace unlocked	Full ROM	Wean from brace over the 10-12 week post-op period.	Continue previous exercises. May begin light resistance exercises if films show signs of healing.
3-4 months	Full weight bearing.	Full ROM	None	Treadmill at walking speeds. Proprioception / balance drills. May begin light sport specific drills.
4-6 months	Full weight bearing	Full ROM	None	Strength training. May return to full activity once strength returns.

*****Begin Physical Therapy 2 weeks post-op – This is your Physical Therapy Prescription**

Dane Todd, MD

Questions please call: # 402-488-3322

Fax: 402-488-3336

Patient Name: _____

Surgery Date: _____

Side (Circled): Right Left

Physical therapy to evaluate and treat for post op Patella Fracture ORIF using the above protocol. 1-2x per week for 12 weeks

Notes: _____

MD signature: