



MODERN ORTHOPEDICS

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SPORTS MEDICINE

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PATELLA FRACTURE ORIF PROTOCOL

Name: _____ **Diagnosis:** _____ **Date of Surgery:** _____

DOB: _____ **Phone #:** _____

Frequency: 1 2 3 4 times / week

Duration: 1 2 3 4 5 6 7 8 Weeks

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 Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises

2- 6 Weeks

- Knee Brace: Worn with weightbearing activities still locked in full extension– may be removed at night
- Weight bearing: 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

6-10 Weeks

- Knee Brace: Unlocked – worn with weightbearing activities
- Weight bearing: 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, Initiate straight leg raises

10-12 Weeks

- Knee Brace: Discontinue
- Weight bearing: Full
- Range of Motion: Full
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises, Start stationary bicycle

3-6 Months

- Return to full activities as tolerated



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