



# The Orthopaedic & Fracture Clinic

## ORIF Patellar Fracture

### Post-Operative Rehabilitation Protocol

#### Phase I: 0 - 2 weeks:

- Knee brace worn at all times locked in full extension.
- Weight-bearing as tolerated with brace locked in extension.
- AA/PROM 0 – 30 degrees.
- Therapeutic exercises: Quadriceps sets, hip abduction, extension and adduction strengthening, heel prop, ankle strengthening with TheraBand.
- Swelling control with ice and elevation.

#### Phase II: 2 – 6 weeks:

- Continued knee brace use locked in extension with ambulation.
- AA/A/PROM add 15 degrees of flexion each week with goal of 90 degrees by 6 weeks post-operative. Maintain full extension ROM.
- Therapeutic exercises: 4-way SLR, Quad sets, heel prop. E stim for quadriceps muscle recruitment. Ankle strengthening exercises.

#### Phase III: 6 – 10 weeks:

- Knee brace unlocked, full weight-bearing with goal of normal gait.
- AROM progress to full knee flexion by post-operative week 10.
- Therapeutic exercises: 4-way SLR, CKC exercises (0 – 45 degrees), heel raises, hip strengthening, gait training.

#### Phase IV: 10 – 16 weeks:

- Discontinue knee brace.
- Full knee flexion AROM.
- Therapeutic exercises: Stationary bike, 4-way SLR, CKC exercises (0-70 degrees), hip strengthening, endurance activities.

#### Phase V: 16 - 24 weeks:

- Normal gait.
- Full AROM.
- Return of quadriceps bulk, equal strength side to side.
- Full return to work, sports and recreational activities as strength and motion allows.