

KNEEbraska
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PATELLA ORIF REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I (0-2 weeks)	WBAT	Locked in extension, worn at all times except PT and hygiene	PROM, A/AROM 0-30 degrees	Isometric quads, hamstrings; hip abductors, ankle exercises
PHASE II (2-6 weeks)	WBAT	Locked in extension, worn at all times except PT and hygiene—may be removed at night	PROM, A/AROM 0-90 degrees (by post-op week 6) *add 15 degrees flexion each week from weeks 2-6*	As above + initiate SLR
PHASE III (6-10 weeks)	FWB	Unlocked, worn with weightbearing activities	Progress to full ROM by post-op week 10	As above +
PHASE IV (10-12 weeks)	FWB	D/C	Full	As above; stationary bike
PHASE V (3-6 months)	FWB	NA	Full	Return to full activities as tolerated