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### PATELLA ORIF REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> (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
<b>PHASE II</b> (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
<b>PHASE III</b> (6-10 weeks)	FWB	Unlocked, worn with weightbearing activities	Progress to full ROM by post-op week 10	As above +
<b>PHASE IV</b> (10-12 weeks)	FWB	D/C	Full	As above; stationary bike
<b>PHASE V</b> (3-6 months)	FWB	NA	Full	Return to full activities as tolerated