

**PT PROTOCOL**

# Patella Open Reduction and Internal Fixation (ORIF)

## Rehabilitation Protocol

### Weight-Bearing Status

ONLY IF DIFFERENT FROM PROTOCOL BELOW

Weight-bearing status depends on the specific procedure performed, intraoperative findings, and radiographic healing. Follow the weight-bearing status in the phases below unless a different status is indicated here.

☐ Non-weight-bearing ☐ Toe-touch / partial weight-bearing ☐ Weight-bearing as tolerated

Brace / precautions: \_\_\_\_\_

1

**Weeks 0-4**

Protect repair; locked in full extension, no flexion

2

**4-8 Weeks**

Progressive flexion (0→90°); brace-controlled WB

3

**12 Weeks**

Brace discontinued; advancing ROM beyond 90°

4

**16 Weeks**

Complete WB, no brace; full active ROM

5

**6 Months**

Begin running/sport training; jumping & contact sports if quad strength ≥85-90%

*Milestones above are goals, not guarantees; progression is criterion-based.*

### Phase 1 Weeks 0-4

**Weight-Bearing:** As tolerated, with hinged knee brace locked in extension, with crutches.

**Range of Motion:** Locked in full extension; no flexion.

#### Therapeutic Exercises

- Modalities per PT discretion.

### Phase 2 Weeks 4-6

**Weight-Bearing:** As tolerated, with hinged knee brace locked in extension, with crutches.

**Range of Motion:** AAROM → AROM flexion and passive extension 0-45°. May progress 15° each week toward goal.

#### Therapeutic Exercises

- Isometric quadriceps, hamstring, adductor, and abductor exercises (no straight leg raise).
- Modalities per PT discretion.

### Phase 3 Weeks 6-8

**Weight-Bearing:** As tolerated, hinged knee brace locked in extension, eventual discontinuation of crutch use.

**Range of Motion:** AAROM → AROM flexion and passive extension 0-90°. May progress 15° each week toward goal.

#### Therapeutic Exercises

- Isometric quadriceps, hamstring, adductor, and abductor exercises (no straight leg raise).
- Modalities per PT discretion.

**Phase 4****Weeks 8–12**

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**Weight-Bearing:** As tolerated; may discontinue hinged knee brace; continue crutches until good quad control.

**Range of Motion:** Advance beyond 90°.

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**Therapeutic Exercises**

- Gait training.
- Hamstring and quadriceps exercise.
- Straight leg raises without resistance; stationary cycling.
- Modalities per PT discretion.

**Phase 5****Weeks 12–16**

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**Weight-Bearing:** Complete; no brace.

**Range of Motion:** Full active.

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**Therapeutic Exercises**

- Gait training.
- Hamstring and quadriceps exercise.
- Proprioception and balance activity, including single-leg support.

**Phase 6****Weeks 16–24**

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**Goal:** Begin running and sport/job-specific training. Beyond 6 months: begin jumping and contact sports if quadriceps strength is 85–90% of the contralateral extremity.

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**Therapeutic Exercises**

- Begin running and sport/job-specific training.
- Beyond 6 months: begin jumping and contact sports if quadriceps strength is 85–90% of the contralateral extremity.