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ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol:
Open Reduction Internal Fixation of Patella

Phase I:
0-2 weeks

- Brace: hinge knee brace vs knee immobilizer locked in extension while sleeping and at all times except when in therapy
- ROM: locked in extension
- Weightbearing: WBAT in extension
- Exercises:
    - Isometric quadriceps/hamstring/adductor/abductor strengthening
    - Quad sets
    - Ankle pumps
    - Ankle Theraband exercises

Phase II:
2-6 weeks

- Brace: hinge knee brace. Locked in extension when weightbearing
- ROM: okay to unlock for therapy as follows (add ~15 deg per week; goal is 90 deg by postop weeks 6-8):
> 0-30 deg weeks 2-3
> 0-45 deg weeks 3-4
> 0-60 deg weeks 4-5
> 0-75 deg weeks 5-6
> 0-90 deg weeks 6+
- Weightbearing: WBAT
- Exercises:
    - Isometric quadriceps/hamstring/adductor/abductor strengthening
    - Quad sets
    - Ankle pumps
    - Ankle Theraband exercises
    - Initiate straight leg raises in brace

Phase III:
6-10 weeks

- Brace: unlocked
- ROM: gradually normalize ROM, no limits, focus on maintaining full extension - progress to full ROM by postop week 10
- Weightbearing: full WBAT
- Exercises:
    - Isometric quadriceps/hamstring/adductor/abductor strengthening
    - Quad sets
    - Ankle pumps
    - Ankle Theraband exercises
    - Straight leg raises in brace

Phase IV:
10-12 weeks

- Brace: None
- ROM: full, normal ROM
- Weightbearing: WBAT

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- Exercises:
    - Isometric quadriceps/hamstring/adductor/abductor strengthening
    - Quad sets
    - Ankle pumps
    - Ankle Theraband exercises
    - Straight leg raises
    - Start stationary bicycle

Phase V: 3-6 months

- Brace: None
- ROM: full, normal ROM
- Weightbearing: WBAT
- Exercises:
    - Return to full activities as tolerated
    - Sport-specific exercises
    - Return to sport-- MD directed
    - Modalities PRN
- BFR & stim okay at any time point