

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

- 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