

Michael S. Bogard, DO
ORTHOPAEDIC SURGEON
Sports Medicine Specialist

Post-Operative Rehabilitation Guidelines/Rehab Protocol
Patella Fracture Open Reduction with Internal Fixation (ORIF)

0-2 Weeks (Post Op Phase):

- WBAT in extension, Brace locked at 0 degrees at all times
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps

2-6 Weeks (Protection Phase):

- Remains WBAT with brace locked in full extension for ambulation
- At 2 weeks, may unlock brace to 30 degrees
- Increase ROM and unlock brace additional 30 degrees every 2 weeks
- Goal to mitigate effusion and pain, increase patellar mobility

6-9 Weeks (Early Loading and Return to Function Phase):

- WBAT with gait aide and gradually unlock brace based on functional strength
- ROM as tolerated in/out of brace, avoid forceful PROM
- Begin bike for ROM and no resistance
- Soft tissue and scar mobilization techniques as tolerated
- Gentle isometrics and open chain knee extension exercises
- Progress in gluteal and lumbopelvic strength
- Proprioception and single leg balance

9-12 Weeks (Strengthening Phase):

- ROM should be minimum of 0-120, pain free AROM including PF mobility
- DC gait device around 9 weeks
- Gradually increase strengthening and single leg balance

> 12 Weeks (Return to Sport):

- No running or jumping until 16 weeks
- Hopping ok at full, pain free ROM, no effusion, > 80% isokinetic strength symmetry for hamstring and quadriceps)
- Initiate jogging when hop downs demonstrate appropriate landing mechanics
- Return to sport no sooner than 6 months