



## **PATELLAR FRACTURE ORIF**

### Post-Operative Rehabilitation Protocol

#### **0-2 weeks**

- WBAT with hinged knee brace locked in extension until 6 weeks post-op
- AROM/PROM/AAROM:
  - Week 1: 0-15°
  - Week 2: 0-30°
- Isometric strengthening for quadriceps, hamstrings, and abductors
- Ankle exercises with Thera-Band

#### **2-6 weeks**

- Continue WBAT with hinged knee brace locked in full extension
- AROM/AAROM/PROM: Add 15° of flexion each week, aiming for 90° by weeks 6-8 post-op
- Isometric strengthening for quadriceps, hamstrings, and abductors
- Ankle exercises with Thera-Band
- Begin straight leg raises (SLR)

#### **6-10 weeks**

- Full WB by 6 weeks; brace unlocked for WB activities
- Achieve full ROM by week 10 post-op
- Progress to active strengthening
- Start stationary bike

#### **10-12 weeks**

- Discontinue brace
- Achieve full ROM

#### **3-6 months**

- Return to full activities as tolerated

**Note:** Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery