

POST-OPERATIVE REHABILITATION PROTOCOL

Patella ORIF

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

Phase 1 | 0-2 Weeks

GOALS FOR THIS PHASE

- Protect the fixation with knee immobilizer locked in full extension.
- Achieve ROM 0-30°.
- Initiate isometric strengthening for quadriceps, hamstrings, and hip.

Bracing & Weight Bearing

- Knee immobilizer at all times — taken off only for physical therapy sessions.
- Convert to hinged knee brace at first post-op visit.
- WBAT with knee locked in extension.

Range of Motion

- AROM / AAROM / PROM 0-30°.

Therapeutic Exercises

- Isometric quadriceps, hamstring, adductor, and abductor strengthening.
- Ankle theraband exercises.

Phase 2 | 2-6 Weeks

GOALS FOR THIS PHASE

- Advance ROM 15° per week with goal of 90° by week 6.
- Continue hip and quadriceps strengthening.
- Initiate straight-leg raises.

Bracing

- Knee brace worn with weight-bearing activities, still locked in full extension.
- May be removed at night.

Range of Motion

- AROM/AAROM/PROM — add 15° of flexion each week. Goal: 90° by post-op week 6.

Therapeutic Exercises

- Isometric quadriceps, hamstring, adductor, and abductor strengthening.
- Ankle theraband exercises.
- Initiate straight-leg raises.

Phase 3 | 6-10 Weeks

GOALS FOR THIS PHASE

- Progress to full ROM by post-op week 10.
- Unlock brace during weight-bearing activities.
- Achieve full weight bearing.

Bracing & Weight Bearing

- Brace unlocked, worn with weight-bearing activities.
- Full weight bearing.

Range of Motion

- AROM/AAROM/PROM — progress to full ROM by post-op week 10.

Therapeutic Exercises

- Continue isometric quadriceps, hamstring, adductor, and abductor strengthening.
- Ankle theraband exercises.
- Continue straight-leg raises.

Phase 4 | 10-12 Weeks

GOALS FOR THIS PHASE

- Discontinue brace.
- Maintain full ROM and full weight bearing.
- Initiate stationary bicycle.

Bracing & Weight Bearing

- Discontinue brace.
- Full weight bearing.

Range of Motion

- Full ROM.

Therapeutic Exercises

- Continue isometric quadriceps, hamstring, adductor, and abductor strengthening.
- Ankle theraband exercises.

- Continue straight-leg raises.
- Start stationary bicycle.

Phase 5 | 3-6 Months

GOALS FOR THIS PHASE

- Return to full activities as tolerated.

Activity

- Return to full activities as tolerated.

This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.