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Patella ORIF Rehab Protocol

Phase I: 02

Weeks

- [?] Knee Immobilizer:** Worn at all times – taken off only for physical therapy sessions converted to hinged knee brace at first post-op visit
- [?] Weightbearing:** WBAT with the knee locked in extension
- [?] Range of Motion:** AROM/AAROM/PROM 0–30 degrees
- [?] Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises

Phase II: 26

Weeks

- [?] Knee Brace:** Worn with weightbearing activities still locked in full extension– may be removed at night
- [?] Weightbearing:Range of Motion:** AROM/AAROM/PROM – add 15 degrees of flexion each week – Goal is 90 degrees by post-op week 6
- [?] Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

Phase III: 610

Weeks

- [?] Knee Brace:** Unlocked – worn with weightbearing activities
- [?] Weightbearing:** Full
- [?] Range of Motion:** AROM/AAROM/PROM – progress to full ROM by post-operative week 10
- [?] Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

Phase IV: 1012

Weeks

- [?] Knee Brace:** Discontinue
- [?] Weightbearing:** Full
- [?] Range of Motion:** Full
- [?] Therapeutic Exercises:** Isometric quadriceps/