**ORIF PATELLA PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

**\_\_\_\_\_\_Weeks 0-4:**

• WBAT with brace locked in full extension x 6 weeks

• Brace locked in full extension for sleeping x 6 weeks

• Patellar Mobilization, ankle pumps

**\_\_\_\_\_\_Weeks 4-8:**

• Discontinue crutches after 2 weeks

• Week 4: Passive ROM 0-45 with emphasis on full extension

• Week 5: Passive ROM 0-60 with emphasis on full extension

• Week 6: Passive ROM 0-75 with emphasis on full extension

• Week 7: Passive ROM 0-90 with emphasis on full extension

• Week 8: Passive ROM 0-105 with emphasis on full extension

• Patellar Mobilization, ankle pumps

• Heat before PT / Ice after PT

**\_\_\_\_\_\_Weeks 6-10:**

• Unlock knee brace for weight bearing; brace no longer necessary for sleeping

• Perform straight leg raises with brace locked in extension for 2 weeks until can perform without extension lag

• Slowly increase knee ROM, goal of full ROM by week 10

• Heat before PT / Ice after PT

**\_\_\_\_\_\_Week 10-12:**

• Discontinue knee brace once obtain full ROM

• Stationary Bike / Elliptical

• Heat before PT / Ice after PT

**\_\_\_\_\_\_Months 3-6:**

• Advance closed/open chain strengthening

• Increase intensity on bike / treadmill / elliptical; multi-directional functional program

• Return to full activities

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_