

**Patella Fracture ORIF Physical Therapy protocol**

	<b>WEIGHT BEARING</b>	<b>ORTHOTIC DEVICES</b>	<b>RANGE OF MOTION</b>	<b>GOALS</b>	<b>EXERCISES</b>
<b>PHASE I 0-2 weeks</b>	NWB	HKB	Locked in extension at all times	-Decrease pain and swelling -Wound healing -Quad activation -Full knee extension	- Isometric quadriceps - ankle theraband exercises
<b>PHASE II 2-8 weeks</b>	50% PWB	HKB	-Locked in extension when ambulating, no HKB at night -At rest ROM 0-30 deg wk 2-4 -ROM 0-60 deg wk 4-6 -ROM 0-90 deg wk 6-8	-Obtain 0-90 deg ROM by week 6	- Isometric quadriceps/hamstring/adductor/abductor strengthening, ankle theraband - hamstring and Achilles stretches - Gentle patella mobilization - Initiate active assist straight leg raises at wk 2 - Initiate active straight leg raises at wk 6 if no extensor lag is noted
<b>PHASE III 8-10 weeks</b>	WBAT	HKB	Full HKB unlocked with ambulating	-Obtain full ROM -Strengthening	- Initiate straight leg raises with weights - Start stationary bicycle
<b>PHASE 4 10-12 wks weeks</b>	WBAT	none	Full		- Begin leg and calf press - Initiate weight shifts, step ups - Initiate proprioception activities -
<b>PHASE V 3-6 months</b>	WBAT	Functional knee brace (for PT)	Full ROM	Return to activity	- Low impact weight program - Functional training - Initiate elliptical trainer at week 12 - Initiate bilateral plyometric drills at week 16 - Initiate running program at week 16