



## Rehabilitation Protocol

### Patella Fracture ORIF

#### Post-OP Weeks 0-3:

Goals:

#### Begin:

1. Minimize swelling and pain - TENS Unit/Ice
2. ROM: Full extension, flexion to 40°
3. Improve quad strength (minimal lag w/ SLR)
4. Ambulate partial weight-bearing w/ 1 crutch

Exercises:

1. ROM: PROM/AAROM (0-40°) frequent and daily
2. Quad/hamstring/glute sets, 4-way SLRs, ankle pumps
3. Weight shifts
4. Hamstring stretching
5. Cardiovascular conditioning, gait training

#### Weeks 4-6:

Goals:

#### Begin:

1. Establish quadriceps control, no extension lag
2. Independent gait
3. Good patella and scar mobility
4. ROM: 0-60° PROM/AAROM

Exercises:

1. Begin gentle scar and patella mobilizations
2. Begin OKC hamstring strengthening to 60°
3. Begin LIGHT CKC exercises: BAPS, wobble board, mini-squats, calf raises
4. Begin balance and proprioceptive exercises
5. Begin hip and ankle strengthening (theraband or machine)

**Weeks 7-12:**

Goals:

**Begin:**

1. ROM: Full, pain-free AROM
2. Restore LE strength to 5/5
3. < 40% quad isokinetic deficit

Exercises:

1. Begin LIGHT isotonic quad strengthening (60-30°) and TKEs
2. Begin hamstring isokinetics (90-0°) (concentric/eccentric)
3. Progress CKC exercises: step-ups, shuttle, wall-sits, theraband kicks/mini-squats, Stairmaster
4. Begin stationary bicycle for ROM (high seat)

**Weeks 13-20:**

Goals:

**Begin:**

1. Full ROM and 5/5 MMT, normal gait
2. < 10% isokinetic deficit and proper H/Q ratios

Exercises:

1. Begin quad/hamstring isokinetics (con/con) @ 300-180°/sec, gradually progress to 90-0°
2. Begin eccentric quadriceps exercises (step-downs, lunges)
3. Begin lateral exercises including slideboard
4. Begin light plyometrics (bilateral hops, Shuttle)
5. Begin walk-jog program, resistance walking/jogging

**Weeks 21-24+:**

Goals:

**Begin:**

1. Continue strengthening program
2. Initiate sport-specific exercise program

Exercises:

1. Progress plyometric progression, progress running program
2. Begin sport-specific training/interval program

**LOCATIONS**

**2600 Belle Chasse Hwy  
Gretna, LA, 70056  
Tel: 504-391-7670  
Fax: 504-378-9439**

**4633 Wichers Drive  
Marrero, LA, 70072  
Tel: 504-347-5421  
Fax: 504-340-5171**