

## Patellar ORIF Protocol

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### Postop 0-2 weeks

**Knee Brace:** Hinged knee brace worn at all times, locked in full extension. Unlocked only for physical therapy sessions allowing for 0-30 degrees of motion AROM/AAROM/PROM.

**Weight bearing:** WBAT with the knee locked in extension in the brace.

**Range of Motion:** Unlocked brace only for physical therapy sessions allowing for 0-30 degrees of motion AROM/AAROM/PROM.

**Strength:** Isometric quadriceps, hamstring, adductor, abductor strengthening. Ankle pumps and Theraband exercises.

### Postop 2-6 weeks

**Knee Brace:** Hinged knee brace worn while weight bearing locked in full extension. May be removed at nighttime.

**Weight bearing:** WBAT with the knee locked in extension in the brace.

**Range of Motion:** AROM/AAROM/PROM, 0-30 degrees of flexion, add 15 degrees per week, with goal of 90 degrees by 6 weeks post-op.

**Strength:** Isometric quadriceps, hamstring, adductor, abductor strengthening. Ankles exercises and initiate SLR.

### Postop 6-10 weeks

**Knee Brace:** Unlocked, worn while weight bearing

**Weight bearing:** Full

**Range of Motion:** AROM/AAROM/PROM progress to full ROM by 10 weeks post-op

**Strength:** Quadriceps, hamstrings, adductor, abductor strengthening

### Postop 10-12 weeks

**Knee Brace:** Discontinue

**Weight bearing:** Full

**Range of Motion:** Full

**Strength:** Continue Isometric quadriceps/hamstring/adductor/abductor strengthening, initiate stationary bike

### Postop 3-6 months

Return to functional activities gradually