



## Post-Operative Rehabilitation Guidelines: Patella ORIF

### Phase I: Weeks 0-4

1. **Weight bearing** as tolerated with crutches and brace
2. **Brace** locked in full extension for activity and sleeping; brace off for hygiene
3. **ROM Goals:** 0-10° only when not in brace (restricted for incision healing)
4. **Home exercises** – heel slides, quad sets, patellar mobilization, straight leg raise, calf/ankle pumps to prevent DVT

### Phase II: Weeks 4-6

1. **Full** weight bearing while in brace with crutches
2. **Brace** locked in full extension day and night; brace off for hygiene
3. **ROM Goals:** 0-30° only when not in brace
4. **Initiate PT:**
  - a. **Exercises** – advance phase I exercises, gait training
  - b. **NO** weight bearing with knee flexion >90°
  - c. Patellar scar tissue mobilization

### Phase III: Weeks 6-12

1. **Full** weight bearing without brace; **discontinue** brace/crutches
  - a. Gait training
2. **ROM Goals:** 0-30° only when not in brace → weeks 6-7: 0-45° → weeks 7-8: 0-60° → weeks 8-10: 0-90° → weeks 10-12: 0-120°
  - a. **Exercises** – advance phase II exercises **PLUS** initiate side-lying hip/core/glutes, and weightbearing calf raises
  - b. Initiate hamstring work, lunges/leg press 0-90°, proprioception, balance/core/hip/glutes, stationary biking
  - c. Patellar scar tissue mobilization

### Phase IV: Weeks 12-20

1. **Full** weight bearing without brace/crutches
2. **ROM Goals:** full ROM
3. **Exercises** – advance phase III exercises and functional activities: single leg balance work, core/glutes, eccentric hamstrings, elliptical, stationary bike and swimming
  - a. Advance to sport-specific drills and running/jumping after 20 weeks once cleared by MD

## **Important Contact Information**

- *Office Hours:* Monday – Friday; 7:30am –4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self/#/schedule/29>
- *Administration:* Jeannie Taylor – 312.432.2525
- *Physician Assistants:* Sara, Delaney, & Erica – 312.432.2388 | [nhopa@rushortho.com](mailto:nhopa@rushortho.com)

**We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.**