



Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY PROTOCOL – Patella Open Reduction Internal Fixation (comminution)

Phase I: 0-2 weeks

- Hinged knee brace locked in extension at all times (unbuckled only for physical therapy sessions as needed)
- Weight bearing: partial WB (heel touch) with knee locked in extension
- Range of motion: none
- Therapeutic exercises: Isometric adductor/abductor strengthening, ankle theraband exercises

Phase II: 2-6 weeks

- Hinged knee brace locked in extension at all times (taken off only for physical therapy sessions and personal hygiene)
- Weight bearing: WBAT (heel touch) with knee locked in extension
- Range of motion: AROM/AAROM/PROM: add 15 degrees of flexion each week for a goal of 60 degrees by postop week 6
- Therapeutic exercises: Isometric quadriceps/hamstrings/adductor/abductor strengthening, ankle theraband exercises; initiate straight leg raises

Phase III: 6-12 weeks

- Knee brace: unlocked but worn with all activities
- Weight bearing: as tolerated with brace unlocked
- Range of motion: AROM/AAROM/PROM with goal of full motion by postop week 12
- Therapeutic exercises: Isometric quadriceps/hamstrings/adductor/abductor strengthening, ankle theraband exercises; straight leg raises

Phase IV: 3-6 months

- Knee brace: discontinue
- Weight bearing WBAT
- Range of motion: full
- Return to activities as tolerated in progressive nature