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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Patella Open Reduction Internal Fixation

Phase I: 0-2 weeks

- Hinged knee brace locked in extension at all times (taken off only for physical therapy sessions as needed)
- Weight bearing: WBAT with knee locked in extension
- Range of motion: AROM/AAROM/PROM: 0-30 degrees
- Therapeutic exercises: Isometric quadriceps/hamstrings/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 with knee locked in extension
- Range of motion: AROM/AAROM/PROM: add 15 degrees of flexion each week for a goal of 90 degrees by postop week 6
- Therapeutic exercises: Isometric quadriceps/hamstrings/adductor/abductor strengthening, ankle theraband exercises; initiate straight leg raises

Phase III: 6-10 weeks

- Knee brace: unlocked but worn with all activities
- Weightbearing: as tolerated with brace unlocked
- Range of motion: AROM/AAROM/PROM with goal of full motion by postop week 10
- Therapeutic exercises: Isometric quadriceps/hamstrings/adductor/abductor strengthening, ankle theraband exercises; straight leg raises

Phase IV: 10-16 weeks

- Knee brace: discontinue
- Weight bearing: Full
- Range of motion: Full
- Therapeutic exercises: Isometric quadriceps/hamstrings/adductor/abductor strengthening, ankle theraband exercises; straight leg raises

Phase V: 4-8 months

- Return to activities as tolerated in progressive nature