

**Benedict Nwachukwu, MD MBA**  
HSS Sports Medicine Institute  
610 West 58th Street, New York, NY 10019  
Office: 646.885.8250 Fax: 646.885.8252  
[nwachukwuoffice@hss.edu](mailto:nwachukwuoffice@hss.edu)



## **Post-Operative Rehabilitation Guidelines for Patella ORIF**

### Weeks 0-2

- Knee Immobilizer – wear at all times locked in extension
- Weight-bearing as tolerated with the knee locked in extension.
- No ROM

### Weeks 2-6 Weeks

- Knee Brace – wear with weight-bearing activities, still locked in full extension with ambulation. Brace maybe removed at night. Can unlock brace when sitting
- Weight-bearing as tolerated with the knee locked in extension.
- Range of Motion: add 20 degrees of flexion each week as tolerated. The goal is 90 degrees of flexion by week 6. Emphasis on full extension
- Therapeutic Exercises: Isometric quadriceps, hamstring, adductor, abductor strengthening; ankle Thera band exercises. Initiate straight leg raises. Mini squats

### Weeks 6-10 Weeks

- Knee Brace – wear with weight-bearing activities, unlocked with all activities. Discontinue knee brace once quad control is adequate.
- Range of Motion: AROM / AAROM / PROM, progress to full ROM by post-op Week 8.
- Therapeutic Exercises: Add double leg strength training. Leg press, mini squats, hamstring curls, weight shifts
- May begin upright stationary bike without resistance
- Knee Brace – discontinue when quad strength

### Weeks 10-16

- Progress with single and double leg strength training
- Initiate Step-Up/Step-Down program
- Lunges
- Proprioception training
- Retrograde treadmill

>16 weeks

- Begin running progression
- Initiate agility training
- Return to sport program