



Patella ORIF

- ❖ WB Status: WBAT in knee immobilizer or post-op ACL brace LOCKED IN EXTENSION at all times for 6 weeks
- ❖ ROM: Progress to 0-60 degrees at 6 weeks, expect 0-90 at 8 weeks, then no ROM restrictions
- ❖ When to initiate PT: 6 weeks post-operatively per ROM restrictions

	ROM	WB STATUS	BRACE	Exercises
0-6 weeks	NONE, must be locked in extension at all time	WBAT in knee immobilizer AT ALL TIMES	Knee immobilizer/ PO ACL brace AT ALL TIMES	NONE
6-8 weeks	Progress 0-60 degrees	WBAT in knee immobilizer AT ALL TIMES	PO ACL brace locked 0-90 degrees	Knee ROM exercises 0-60, LE strengthening with ROM limits
8-12 weeks	Expect 90 degrees flexion at 8 weeks PO, then ROM to tolerance,	WBAT with assistive device as needed	Ween out of ACL brace	Gait training, progressive ROM, LE Progressive strengthening