**ORIF Patella Protocol**

**Name­­­**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Procedure**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Procedure Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Frequency** 1 2 3 4 5 times/week  **Duration** 1 2 3 4 5 6 weeks

 Anytime the dressing is charged or examined, please wash hands prior with antibacterial soap. Do not apply any ointments or medications to the area. The surgical dressing should be changed by the therapist using sterile technique. This includes sterile field, sterile gloves, betadine or chlorhexidine skin cleanser and sterile supplies when redressing the wounds. Do NOT remove steri-strips. The new dressing should include dry gauze and ACE wrap.

\*\*\*Range of motion is an important progression of therapy, but limiting swelling is important. Respecting swelling will decrease pain and improve motion.\*\*\*

**ORIF Patella Protocol**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **WEIGHT BEARING** | **BRACE** | **ROM** | **THERAPEUTIC EXERCISE** |
| **PHASE 1****0-2 weeks**  | WBAT with crutches  | Locked in full extension  | 0-45 | **Hamstring and calf stretching; quad, glute, and hamstring sets; ankle pumps****Swelling Control: RICE, stim, etc.**  |
| **PHASE 2** **2-4 weeks** | WBAT with crutches | Locked in full extension  | 0-60 | **Heel slides, sit and dangles assist from uninvolved for control, heel prop, ankle TheraBand****Monitor swelling** |
| **PHASE 3****4-6 weeks** | WBAT with crutches  | Locked in full extension  | By 6 weeks 0-90 degrees | **Heel slides, sit and dangle, wall slides, continue quad sets, gentle patellar mobilization, SLR with no resistance, prone hangs****Quad Stim for VMO** |
| **PHASE 4****6-8 weeks** | Gradual return to full WB | Discontinue brace 6-8 weeks (per MD) | Gradually progress ROM, maintain extension | **Heel slides, AROM/PROM for flexion and extensions. Stationary bike, SLR 4-way** |
| **Phase 5****8-12 weeks**  | Full WB | None | Full  | **Strengthening for open and closed chain as tolerated.** **Proprioceptive exercises** |

**Comments:**

**FCE\_\_\_\_\_\_\_\_ Work Conditioning/Work Hardening\_\_\_\_\_\_\_\_\_\_\_\_\_\_Teach HEP\_\_\_\_\_\_\_\_\_\_\_**

**Every patient’s therapy progression will vary to a degree depending on many factors. Please use your best clinical judgment on advancing a patient. If other ideas are considered to improve patient’s outcome do not hesitate to call.**

**Patient’s recovery is a team approach: Patient, family/friend support, therapist, and surgeon. Every team member plays an important role in recovery.**

**Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**