



ANDREAS SAUERBREY, M.D.

### ORIF Patella Fracture Protocol

- Hinged knee brace locked in full extension with ambulation weightbearing as tolerated for 6-8 weeks
- Quadriceps strengthening is started in the immediate postoperative period
- In brace, **ACTIVE FLEXION AND PASSIVE EXTENSION**
  - 0-15 degrees week 3
  - 0-30 degrees week 4
  - 0-45 degrees week 5
  - 0-60 degrees week
  - 0-90 during week 6-8
  - Full ROM after week 8
- Resistive exercises are initiated after 6-8 weeks
- Sport specific exercises at 6 months