

Therapeutic exercises:

- Hip adductors and abductor strengthening



- Ankle exercises



- Hamstring set



Walking and weight-bearing, as tolerated using crutches or a walker on even surfaces with the knee locked at full extension

Order	Moving part
1st	Walker or crutches
2nd	Operated leg
3rd	Sound leg

Stair climbing training; both up and down stairs

Order	Ascending	Descending
1st	Sound leg	Crutches
2nd	Operated leg	Operated leg
3rd	Crutches	Sound leg

Post-ORIF Fracture Patella

Post-Operative Rehabilitation Protocol - Week One

Fixation of the fractured patella through surgery using screws or/and wires.



Post-ORIF Fracture Patella

Post-Operative Rehabilitation Protocol Week One

Goals:

- Control swelling
- Gain quadriceps control
- Ambulate the patient safely

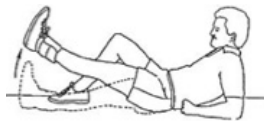


Precautions to avoid failure of fixation:

- Applying straight leg raises (SLR); according to fracture type and type of fixation and if allowed by the surgeon



- Applying knee flexion; according to fracture type and type of fixation.



Procedures and Treatment:

Control swelling:

- Raise the leg with a pillow under the ankle and distal leg; ensure knee is not resting on a pillow
- Apply ice packs every three hours for 15 to 20 minutes; position ice pack above and on the sides of the knee, not below the knee



Gain quadriceps control:

- Isometric quadriceps
- Straight leg raises, if allowed by the orthopedic surgeon



A knee immobilizer should be worn at all times but removed during physical therapy sessions



Range of motion exercises:

AROM/AAROM/PROM 0 to 30 degrees, if allowed by the surgeon

