

## Patella ORIF Post-Op Protocol

- Hinged knee brace locked in extension, WBAT for 6 weeks starting immediately, if good fixation and good bone
- No WB for first 2 weeks. When first XR at 2 weeks shows signs of healing, allow patient to open up hinged knee brace to 45° for week 2-3 doing heel slides to 45° rather than open chain flexion
- Open up to 90° heel slides for week 3-4
- At 4 weeks, if pt is doing well and fracture continues to show signs of healing, open up to full ROM with heel slides
- At 6 weeks, ok to remove brace and WBAT with full ROM