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Patella ORIF Rehab Protocol

	X = Perform exercise	W	eek												
	Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Danga of	Flexion/Extension - wall	х	х	х	х	х	х	х	х						
Range of Motion	slides	^	^	^	^	^	^	^	^						ĺ
WOUDI	Flexion/Extension –	х	х	х	х	х	х	х	х						
	seated	^	^	^	^	^	^	^	^						
0-30° weeks 0-2	0-30° weeks 0-2					х	х	х	х						ĺ
0-60° weeks 2-4	mobilization	Х	Х	Х	Х										
0-90° weeks 4-6	Extension mobilization	Х	Х	Х	Х	Х	Х	Х	Х						
Full ROM after	Quad series	Х	Х	Х	Х	Х	Х	Х	Х						
	Hamstring sets	Х	Х	Х	Х	Х	Х	Х	Х						
	Sit and reach for	х	х	х	х	х	х	х	х						
	hamstrings - gentle														
Brace Settings	Ankle pumps	Х	Х	Х	Х	Х	Х	Х	Х	Х					
(while not in PT)	Toe and heel raises						Х	Х	Х	Х					
· · · · · · · · · · · · · · · · · · ·	Balance series						Х	Х	Х	Х	Х	Х	Х	Х	Х
	Cardiovascular	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Locked in full	Exercises	-		-	-		-	-	•	5	10	12	10	20	27
extension X 6	Bike/Rowing with well leg	Х	Х	Х	Х	Х	Х	Х	Х						
weeks	Bike with both legs – no							Х	Х	Х					ĺ
	resistance														
	Bike with both legs -									Х	Х	Х	Х	Х	Х
	resistance														
	Aquajogging								Х	Х	Х	Х	X X	Х	Х
Weight	Treadmill – walking 7%								Х	Х	Х	Х	Х	Х	Х
Bearing Status	incline														
TDWB x 6	Swimming with fins											Х	Х	Х	Х
	Elliptical trainer											Х	Х	Х	Х
weeks	Rowing											Х	Х	Х	Х
	Stair stepper		-	-				_	-	_			Х	Х	Х
	Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Double knee bends											Х	Х	Х	
	Double leg bridges											Х	Х	Х	ļ
TIME LINES	Reverse lunge – static											Х	Х	Х	
	hold														
Week 1(Day 1-7)	Beginning cord exercises					<u> </u>						Х	Х	Х	
Week 2(Day 8-14)	Balance squats												Х	Х	X
Week 3(Day 15-21)	Single leg deadlift					<u> </u>							X	X	X
Week 4(Day 22-28)	Leg press					<u> </u>							Х	Х	Х
	Sports Test exercises	4	•	•	4	_	•	-	•	•	40	40	X	X	X
	Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Running progression													X	Х
	Initial – single plane		<u> </u>		<u> </u>	-								Х	Х
	Advance – multi directional														Х
	Functional sports test														Х



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An OrthoAlliance Partner Practice

High Level Activities		2	3	4	5	6	7	8	9	10	12	16	24	28
Golf													Х	Х
Outdoor biking, hiking													Х	Х
Skiing, basketball, tennis, football, soccer														Х