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Patella ORIF Rehab Protocol

X = Perform exercise **Week**

		Initial Exercises														
		1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Range of Motion	Flexion/Extension - wall slides	X	X	X	X	X	X	X	X							
	Flexion/Extension – seated	X	X	X	X	X	X	X	X							
	Patella/Tendon mobilization	X	X	X	X	X	X	X	X							
	Extension mobilization	X	X	X	X	X	X	X	X							
	Quad series	X	X	X	X	X	X	X	X							
	Hamstring sets	X	X	X	X	X	X	X	X							
	Sit and reach for hamstrings - gentle	X	X	X	X	X	X	X	X							
	Ankle pumps	X	X	X	X	X	X	X	X	X						
	Toe and heel raises						X	X	X	X						
	Balance series						X	X	X	X	X	X	X	X	X	X
Brace Settings (while not in PT)																
	Locked in full extension X 6 weeks															
Weight Bearing Status																
TIME LINES																
Weight Bearing Strength																
Agility Exercises																



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High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	24	28
Golf													X	X
Outdoor biking, hiking													X	X
Skiing, basketball, tennis, football, soccer														X