



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

Scott C. Faucett, MD MS
2112 F Street NW Suite 305

Washington, DC 20037
202-770-1447 | 202-912-8484



Patellar Fracture ORIF

Name: _____

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

Week 2 -5-30
Week 3-4 -5-50
Week 5-6 -5-90
Then Full

BRACE SETTINGS

0-0 x 6 weeks

WEIGHT BEARING STATUS

In Immobilizer x 6 weeks
<20lb FFWB
Week 0-2
50% PWB
Weeks 2-6
WBAT
After week 6

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Flexion/Extension - wall slides		●	●	●	●	●	●	●							
Flexion/Extension - seated		●	●	●	●	●	●	●							
Patella/Tendon mobilization		●	●	●	●	●	●	●							
Extension mobilization		●	●	●	●	●	●	●							
Quad series				●	●	●	●	●							
Hamstring sets		●	●	●	●	●	●	●							
Sit and reach for hamstrings (towel)		●	●	●	●	●	●	●							
Ankle pumps		●	●	●	●	●	●	●	●						
Toe and heel raises					●	●	●	●							
Balance series					●	●	●	●	●	●	●	●	●	●	
Cardiovascular Exercises	2	3	4	5	6	7	8	9	10	12	16	20	24		
Bike/Rowing with well leg		●	●	●	●	●	●								
Bike with both legs - no resistance							●	●	●						
Bike with both legs - resistance							●	●	●	●	●	●	●	●	
Aquajogging							●	●	●	●	●	●	●	●	
Treadmill - walking 7% incline							●	●	●	●	●	●	●	●	
Swimming with fins										●	●	●	●	●	
Elliptical trainer										●	●	●	●	●	
Rowing										●	●	●	●	●	
Stair stepper											●	●	●	●	
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Double knee bends											●	●	●		
Double leg bridges											●	●	●		
Reverse lunge - static hold											●	●	●		
Beginning cord exercises											●	●	●		
Balance squats												●	●	●	
Single leg deadlift												●	●	●	
Leg press												●	●	●	
Sports Test exercises												●	●	●	
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Running progression														●	●
Initial - single plane agility														●	●
Advance - multi directional agility															●
Functional sports test															●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Golf														●	●
Outdoor biking, hiking, snowshoeing														●	●
Skiing, basketball, tennis, football, soccer															●

Signature: 