

## Patellar ORIF

DOB: \_\_\_\_\_

DOS: \_\_\_\_\_

|   |  | Weeks from surgery   |                        |   |   |   |   |   |     |       |        |        |        |  |
|---|--|--|------------------------|---|---|---|---|---|-----|-------|--------|--------|--------|--|
|   |  | ROM & Muscle Initiation  | 1                      | 2   | 3 | 4 | 5 | 6 | 7-8 | 9-14+ | 15-20+ | 21-26+ | 27-30+ |  |
| ROM<br>RESTRICTIONS   | 0-30 x 2 wks<br>then<br>increase 15°<br>per wk until 6<br>wks then<br>FROM | Flexion/Extension – Wall slides  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Flexion/Ext – seated/calf<br>assisted  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Patella/Tendon mobilization  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Extension mobilization (no<br>hyperext)  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Quad sets  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Hamstring sets   |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Terminal knee extension,<br>Straight leg raise (when no<br>quad lag)   |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Ankle pumps  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Bike with no resistance  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | BRACE<br>SETTINGS  | T scope 0-0 x<br>6 wks | Progress to Endurance: ROM >125°, Quad set that terminally extends the knee |   |   |   |   |     |       |        |        |        |  |
| Muscular Endurance 3 x 15, 45s rest   |  |  |                        |   |   |   |   |   |     | 9-14+ |        |        |        |  |
| Lateral band stepping   |  |  |                        |   |   |   |   |   |     |       |        |        |        |  |
| Single leg leg press  |  |  |                        |   |   |   |   |   |     |       |        |        |        |  |
| Squat progression   |  |  |                        |   |   |   |   |   |     |       |        |        |        |  |
| RDL   |  |  |                        |   |   |   |   |   |     |       |        |        |        |  |
| Tuck squat  |  |  |                        |   |   |   |   |   |     |       |        |        |        |  |
| Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side<br>difference |  |  |                        |   |   |   |   |   |     |       |        |        |        |  |
| Muscular Strength 3 x 10 120s<br>rest   |  |  |                        |   |   |   |   |   |     |       | 15-20+ |        |        |  |
| Lateral band stepping   |  |  |                        |   |   |   |   |   |     |       |        |        |        |  |
| Weight<br>Bearing<br>status   | NWB x 6<br>weeks   | Single leg leg press   |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Hex bar squat  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Kettlebell deadlift  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Elevated split squat   |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior<br>reach <4cm side to side difference         |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Muscular Power 3 x 6, 180s rest  |                        |   |   |   |   |   |     |       |        | 21-26+ |        |  |
|   |  | Front squat  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Barbell deadlift   |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Split jumps  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Sled drags   |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Progress to running: 27+ weeks & Triple hop distance >90% of unaffected side   |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Running, Speed & Agility   |                        |   |   |   |   |   |     |       |        |        | 27-30+ |  |
|   |  | Running progression  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Ladder footwork drills   |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Forward & backward cone drills   |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Lateral cone drills  |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | High Level Activities  |                        |   |   |   |   |   |     |       |        | 21-26+ |        |  |
|   |  | Golf, outdoor biking   |                        |   |   |   |   |   |     |       |        |        |        |  |
|   |  | Clearance for other activities made by Dr Cinque and based on different factors including<br>passing the included progression criteria |                        |   |   |   |   |   |     |       |        |        |        |  |