

Name _____

Therapist _____

Physician _____



Patient Flow Sheet

proaxistherapy™

Patellar ORIF

Phase 1 – MOTION AND MOBILITY

Weeks 0-6 Patellar mobilizations, including quad & patellar tendon
ROM: emphasize full extension, heel/wall slides for flexion
Quad set: Week 0-2
SLR: No earlier than week 3, in brace; do not perform if extensor lag
* No SAQ/LAQ
* No bike
ROM: 0-30° until week 2, then progress ~10°/wk. Locked in extension during ambulation weeks 0-6
Brace: locked in extension (weeks 0-4); advance ~10°/wk per MD orders
Weight-bearing: PWB weeks 0-2; FWB weeks 4-6. Brace locked in extension for ambulation weeks 0-6

Phase 2 – ENDURANCE

Week 7-12 Gradually initiate entry-level closed-chain activities (low reps)
Progress from double leg → single leg; from stable → unstable surfaces
Balance progression
Bike for cardiovascular fitness
ROM: Full ROM, progressing as tolerated
Brace: 0-60° (week 7), 0-90° for (week 8), fully unlocked beginning week 9
Weight-bearing: FWB

**Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.*

Phase 3 – STRENGTH

Week 12-20 Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
Progress unilateral strength
*No loaded deep knee flexion for 4-6 months
Begin LAQ at 4 months at earliest

Phase 4 – AGILITY, POWER, RETURN TO SPORT

Week 20+ Sport-specific movement patterns practiced in supervised and controlled environment
Graded re-integration into sport activities with MD and PT clearance

Return to Activities *See functional criteria*

Running: 5-6 months

Golf: Short irons at 4 months, full swing with long irons at 5 months. Delay 4-6 weeks if lead leg.

Pivoting/cutting sport: When functional criteria are met and cleared by surgeon, typically 7 months at earliest

Surgeon Comments: