



### KNEE DISTAL FEMUR OPEN REDUCTION INTERNAL FIXATION (ORIF) POST-OPERATIVE GUIDELINES

	WB / ROM	Exercises
<b>Phase I</b> <b>0 – 4 weeks</b>	Weeks 0-8: 20 lb. FFWB with crutches/walker  Knee ROM: 0 – 90° Progress if able weeks 3-4  Unlimited hip/ankle ROM	Modalities as needed  Quad sets, SLR, quad e-stim, hip abd/adduction, patellar mobilization, gastroc/soleus stretch (supine, NWB)
<b>Phase II</b> <b>4 – 8 weeks</b>	20 lb. FFWB with crutches/walker  ROM: full A/PROM hip, knee, ankle	Quad sets, SLR, progress proximal strengthening, patellar mobilization, gastroc/soleus stretch (20 lb. FFWB)  Stationary bike – low resistance  Aquatic training (pending MD approval based on wound status) – deep water aerobics only
<b>Phase IV</b> <b>8 – 16 weeks</b>	Advance slowly to WBAT, full ROM hip, knee, ankle	Progress above  Closed chain strengthening, progress as able  proprioceptive training  Aquatic training – slowly progress to waist-level water and shallower
<b>Phase V</b> <b>4 – 6 months</b>	WBAT, full ROM	Advance strengthening, proprioception training