

Physical Therapy: Non-Operative Protocol for Patella Fracture

The following phases are to be used as a guide. Some patients will progress more quickly and some more slowly. Please evaluate patient based on individual needs and goals.

	Weightbearing / Brace	Range of Motion	Exercise/Strength
Phase I: Weeks 0-4	WBAT with brace locked in full extension	<ul style="list-style-type: none"> • Intermittent active and active assisted flexion with passive extension for 5-10 minutes QID • Patellar mobilization activity • Stay within 0-45 degrees ROM 	<ul style="list-style-type: none"> • Isometric hamstrings utilizing an endurance program of 10-40 repetitions per set with 5 sets per day • EMS to hamstrings(not quadriceps) prn • Cryotherapy
Phase II: Weeks 4-6	Full WB with brace locked in full extension when ambulating only	<ul style="list-style-type: none"> • Advance ROM as tolerated 	<ul style="list-style-type: none"> • Initiate quadriceps strengthening and SLR • EMS • Cryotherapy
Phase III: Weeks 6-8	<ul style="list-style-type: none"> • Discontinue brace IF you can walk without a limp and maintain a straight leg raise without wobbling - If the above conditions are not met, keep the brace on and walk with the brace unlocked! • Recommend using the brace (unlocked) if icy conditions outside or if the environment is dangerous / crowded public areas 	Advance ROM as tolerated	<ul style="list-style-type: none"> • Progress with exercises and hamstring and quadriceps strengthening
Phase IV: Weeks 8-12+	<ul style="list-style-type: none"> • If not weaned from brace yet, continue exercises and strengthening to do so at this time 	Full ROM as tolerated	<ul style="list-style-type: none"> • Strengthening as tolerated • Progress through graduated running program such as “functional rehabilitation program” • Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity • Usually back to full sports by 3-4 months. Progress through work conditioning, if applicable.