

## PATELLA FRACTURE FIXATION

	<b>Weight Bearing</b>	<b>Brace</b>	<b>ROM</b>	<b>Therapeutic Exercise</b>	<b>Return to run/sports</b>	<b>Restrictions</b>
<b>Phase I 0-3 Weeks</b>	WBAT with crutches and brace locked	Brace locked in extension	None  Encourage full extension	Heel props	None	<b>NO SLR***</b>
<b>Phase II 3-6 Weeks</b>	WBAT with crutches and brace locked	Brace locked in extension for walking.  May remove for sleep	Progress ROM Week 3: 0-45° Week 4: 0-60° Week 6: 0-90°	Sub maximal quad isometrics (25%)  Patellar Mobs	None	<b>NO SLR***</b>  No active knee extension
<b>Phase III 6-12 Weeks</b>	Advance to FWB  Discontinue crutches when normal gait	Brace open 0-90  Wean out of when normal gait and adequate quad control	progressive active and gradual passive knee flexion  Stretch all uninvolved muscle groups	Quad sets, Progressive SLR (in brace and progress out), Wall slides to 45 degrees Partial squats	Progressive walking on level surfaces	Avoid FWB on stairs  Limit closed chain knee extension arc to 0-30
<b>Phase IV 12-16 Weeks</b>	FWB	Neoprene support as needed	Full ROM  Stretch all muscle groups	Step up-down progression  Cautious use of weight training machines  May start open chain quad strengthening	Walking on level surfaces and inclines	Avoid jumping  Step up stairs gradually
<b>Phase V 16-20 Weeks</b>	FWB	Neoprene support as needed	Full ROM  Stretch all muscle groups	Progressive strengthening  Avoid overload	Walk to jog progression	Step down stairs gradually
<b>Phase VI 20 Weeks and beyond</b>	FWB	Neoprene support as needed	Full ROM  Stretch all muscle groups	Progressive strengthening  Avoid overload	Progressive run / agility  Jump training after 24 weeks	Proceed with caution

**Patients may return to sports after 6 months if appropriate (motion regained and strength 85-90% contralateral side) pending physician exam.**

