**NON-OPERATIVE PROTOCOL FOR PATELLA FRACTURE**

**PHYSICAL THERAPY / REHAB PHASES**

**Phase 1: 0-4 Weeks**

• Range of motion (ROM):

o hinged knee brace locked at 0 degrees

o intermittent active and active assisted flexion with passive extension for 5-10 minutes QID

o patellar mobilization activity

o stay within 0-45 degrees ROM

o Strength: isometric hamstrings utilizing an endurance program of 10-40 repetitions per set

with 5 sets per day

• Weight bearing:

o 100% with brace locked in full extension

o Modalities: EMG biofeedback to hamstrings (not quadriceps) prn

o EMS to hamstrings(not quadriceps) prn

o cryotherapy

• Sports: none.

**Phase 2: 4-6 Weeks**

• Range of motion (ROM):

o advance ROM as tolerated; brace locked in full extension when ambulating only!

o Strength: Initiate quadriceps strengthening and SLR

• Weightbearing:

o 100% with brace locked in full extension Modalities: prn-as above

• Sports: none.

**Phase 3: 6-8 Weeks**

• Range of motion (ROM) and brace use:

o increase as tolerated

o DISCONTINUE BRACE IF YOU CAN WALK WITHOUT A LIMP AND IF YOU

CAN MAINTAIN A STRAIGHT LEG RAISE WITHOUT YOUR LEG WOBBLING!

o If the above conditions are not met, keep the brace on and walk with the brace

unlocked!

o Strength: progress with exercises and hamstring and quadriceps strengthening

• Weightbearing: full +/- brace; recommend using the brace (unlocked) if icy conditions outside or if

the environment is dangerous / crowded public areas

• Sports: none

**Phase 4: 8-12 Weeks (and beyond, if applicable)**

• Range of motion (ROM) and brace use:

o If not weaned from brace yet, continue exercises and strengthening to do so at this time

o ROM and strengthening as tolerated!

• Modalities: prn

• Sports: progress through graduated running program such as “functional rehabilitation program”

o 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.