

Patella Fracture ORIF

	Phase I: 0-4 weeks	Phase II: 4-6 weeks	Phase III: 6-12+ weeks
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • WBAT in hinged knee brace locked in full extension • Discontinue crutches as tolerated • Brace locked in full extension at all times (ambulating, sleeping, PT) 		<ul style="list-style-type: none"> • WBAT • Open brace to full ROM • Discontinue brace when no extension lag, excellent quadriceps control, and quadriceps strength adequate for stable ambulation
Aerobic	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • May begin stationary bike, elliptical machine, and walk-jog-run progression at 12 weeks
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • Maintain 0 deg ROM exercises • Patellar mobilization • Ankle pumps • Isometric quadriceps exercises ("quad sets" and straight leg raises) with focus on VMO 	<ul style="list-style-type: none"> • Continue Phase I exercises • PROM 0-30° 	<ul style="list-style-type: none"> • Continue Phase II exercises • Progress to full PROM, AAROM, and AROM as tolerated • Begin strengthening once full or near-full ROM has been achieved • At 12+ weeks may begin progressive return to full activities
Other	<ul style="list-style-type: none"> • Modalities as needed to reduce pain and swelling and improve muscle recruitment • Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> • Pain control • Reduce effusion • Protect healing tissue 	<ul style="list-style-type: none"> • Pain control • Reduce effusion • Protect healing tissue • ROM 0-30° 	<ul style="list-style-type: none"> • Progressive ROM exercises with full ROM by ~12 weeks • Progressive strengthening exercises • Progress activities as tolerated after 12 weeks