

Patella Fracture Rehab Protocol - Nonoperative

Office visits:

- 2w, 6w, 12w, 6m

Xrays:

- Every visit

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Restrictions:

- Brace:
 - 6 weeks: locked in extension for 2 weeks and then progressive motion in brace for 4 more weeks
- Motion restrictions:
 - Follow the weekly guides in protocol
- Strengthening and weightlifting:
 - No closed chain quadriceps exercises for 6 weeks
 - No open chain quadriceps exercises for 12 weeks

Weeks 0-2:

Brace/Crutch Use	• Full weight bearing allowed with brace locked at 0 degrees (full extension) • Use crutches when bearing weight • Keep brace on at all times except after showering to allow brace to dry (keep knee straight/extended)
Range of Motion	• Avoid active knee motion • Place pillows under heel to keep knee fully extended (okay to feel a stretch on the back of your knee) • Knee motion 0 – 30 degrees: PASSIVE only
Exercises	• Start Phase I Home Exercise Program – knee ○ Quad sets; patellar mobilization, straight leg raise, calf pumps

Weeks 2-6:

Brace/Crutch Use	• Full weight bearing allowed with brace locked at 0 degrees (full extension) • Use crutches when bearing weight • Keep brace on at all times except after showering to allow brace to dry (keep knee straight/extended)
Range of Motion	• Avoid active knee extension • Place pillows under heel to keep knee fully extended (okay to feel a stretch on the back of your knee)

	- May unlock brace to perform exercises. Change brace allowed motion to the following: Week 2-3: 0 – 45 degrees Week 3-4: 0 – 60 degrees Week 4-5: 0 – 75 degrees Week 5-6: 0 – 90 degrees
Exercises	Continue Phase I exercises

Weeks 6-12:

Brace/Crutch Use	- Full weight bearing allowed - Wean out of brace as tolerated - Use single crutch on side opposite of surgery; may discontinue crutch completely when ready
Range of Motion	- Progress to full motion - Avoid deep flexion when weight-bearing (lunges, squats, etc) - Okay for active knee motion flexion and extension
Exercises	Ok for closed chain strengthening of quadriceps and open chain hamstring - Closed chain: wall squats, lunges, leg press with 2 legs - Open chain hamstring: hamstring curls - May start stationary biking with low resistance

Months 3+:

Brace/Crutch Use	None
Range of Motion	Continue to work on full motion if needed
Exercises	- May start full strengthening open and closed chain - Exercise equipment: - May start all exercise equipment and progressive jogging - Continue working on core strength, quad, hamstring, calf, and glut strengthening - Calf: calf raises (standing and/or seated) - Quadriceps: leg press, lunges, squats, knee extensions - Hamstring: lunges, hamstring curls - Glut strengthening side lunges, side shuffling/carioca, lateral raises/abduction exercises