



NON-OPERATIVE PROTOCOL FOR PATELLA FRACTURE

PHASE I (0-4 Weeks):

ROM:

- Hinged knee brace locked at 0 degrees
- Intermittent active and active assisted flexion with passive extension for 5-10 minutes QID.
- Stay within 0-45 degrees ROM
- Patellar mobilization activity

Strengthening:

- Isometric hamstrings utilizing an endurance program of 10-40 repetitions per set with 5 sets per day

Weight bearing:

- 100% with brace locked in full extension

Modalities:

- EMG biofeedback to hamstrings (not quadriceps) PRN
- EMS to hamstrings (not quadriceps) PRN
- Cryotherapy

PHASE II (4-6 Weeks):

ROM:

- Advance ROM as tolerated; brace locked in full extension when ambulating only

Strengthening:

- Initiate quadriceps strengthening and SLR

Weight bearing:

- 100% with brace locked in full extension



Modalities/cryotherapy:

- PRN

PHASE III (6-8 Weeks):

ROM:

- Increase as tolerated

Brace:

- Discontinue brace if you can walk without a limp and if you can maintain a straight leg raise without your leg wobbling
 - If the above conditions are not met, keep the brace on and walk with the brace unlocked.

Strengthening:

- Progress with exercises, hamstring and quadriceps strengthening

Weight bearing:

- Recommend using the brace (unlocked) if icy conditions or if environment is dangerous/crowded public areas.

PHASE IV (8-12 Weeks):

ROM:

- Increase as tolerated

Brace:

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

Strengthening:

- As tolerated