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## **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