

Post-Operative Rehabilitation Guidelines for Patellar Fractures - Rehab Protocol

Phase I: 0 - 2 Weeks

- Knee Immobilizer: Worn at all times - taken off only for physical therapy sessions converted to hinged knee brace at first post-op visit
- Weightbearing: WBAT with the knee locked in extension
- Range of Motion: AROM/AAROM/PROM 0-15 degrees first week and 0-30 second week
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises

Phase II: 2 - 6 Weeks

- Knee Brace: Worn with weightbearing activities still locked in full extension- may be removed at night
- Range of Motion: AROM/AAROM/PROM - add 15 degrees of flexion each week - Goal is 90 degrees by post-op week 6 - 8 wks.
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

Phase III: 6 - 10 Weeks

- Knee Brace: Unlocked - worn with weightbearing activities
- Weightbearing: Full

- Range of Motion: AROM/AAROM/PROM – progress to full ROM by post-operative week 10
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises

Phase IV: 10 - 12 Weeks

- Knee Brace: Discontinue
- Weightbearing: Full
- Range of Motion: Full
- Therapeutic Exercises: Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, Initiate straight leg raises, Start stationary bicycle

Phase V: 3 - 6 Months

- Return to full activities as tolerated