

Rehabilitation Protocol: Patella Fracture Repair

Phase 1 (Weeks 0-2)

- **Weightbearing:** As tolerated in hinged knee brace locked in extension
- **Hinged Knee Brace:** Locked in full extension except when performing rehab exercises
- **Range of Motion:** 0-30°, heel-slide knee ROM only
- **Therapeutic Exercises**
 - Isometric quadriceps strengthening, straight leg raises with brace locked in extension
 - Ankle pumps

Phase 2 (Weeks 2-6)

- **Weightbearing:** Continue WBAT in the hinged knee brace locked in extension
- **Hinged Knee Brace:**
 - Locked in full extension for ambulation only
 - Unlocked when at rest. Okay to remove while sleeping.
- **Range of Motion:** Active and Active-Assist heel-slide knee ROM as tolerated
- **Therapeutic Exercises**
 - Continue Phase 1 exercises
 - Heel slides
 - 4-way leg lifts with brace locked in extension

Phase 3 (Weeks 6-12)

- **Weightbearing:** Continue weightbearing in brace; set brace to 0-40° for ambulation
- **Hinged Knee Brace:** 0-40° for ambulation; remove brace when at rest
- **Range of Motion:** Unsupported Active, Active-Assist, and Passive knee ROM
- **Therapeutic Exercises**
 - Closed chain quadriceps control 0-40° with light leg press and light squats
 - Stationary bicycle
 - Open chain hip strengthening
 - Okay to begin blood flow restriction therapy.

Phase 4 (Weeks 12-26)

- **Weightbearing:** As tolerated
- **Hinged Knee Brace:** Discontinue brace
- **Range of Motion:** As tolerated
- **Therapeutic Exercises**
 - Progressive closed/open chain strengthening exercises without limitation
- Return to sports/athletics once cleared by Dr. Gross