Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Patella Fracture
Non-Operative Protocol

Phase 1
Weeks 0-4

- Range of motion (ROM)
  - Hinged knee race locked at 0 degrees
  - Intermittent active and active assisted flexion with passive extension for 5-10 minutes QID
  - Patellar mobilization activity
  - Stay within 0-30 degrees ROM
  - Strength: 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 (no quadriceps) prn
  - EMG to hamstrings (no quadriceps) PRN
  - Cryotherapy
- Sports: none

Phase 2
Weeks 4-6

- Range of motion (ROM)
  - Advance ROM as tolerated; **brace locked in full extension when ambulating only**
  - Strength: initiate quadriceps strengthening and SLR
- Weight bearing
  - 100% with brace locked in full extension modalities: PRN—as above
- Sports: none

Phase 3
Weeks 6-8

- Range of motion (ROM) and brace use:
  - Increase as tolerated
  - **DISCONTINUE BRACE IF YOU CAN WALK WITHOT 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!**
  - Strength: progress with exercises and hamstring and quadriceps strengthening
- Weight bearing
  - Full +/- brace; recommend using the brace (unlocked) if icy conditions outside or if the environment is dangerous/crowded public areas
- Sports: none

Phase 4
Weeks 8-12 (and beyond, if applicable)

- Range of motion (ROM) and brace use:
  - If not weaned from brace yet, continue exercises and strengthening to do so at this time
  - **ROM and strengthening as tolerated**
- Modalities: PRN
- Sports:
  - Progress through graduated running program such as “functional rehabilitation program”
  - Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity
  - **Usually back to full sports by 3-4 months. Progress through work conditioning, if applicable.**

Revised ***