

COMPREHENSIVE PHYSICAL THERAPY

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Sports Medicine/Foot & Ankle

Patella Fracture Non-Operative Protocol

Phase 1

Weeks 0-4

- Range of motion (ROM)
 - Hinged knee brace 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 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!**
 - 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



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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 ***