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Non-Operative Rehabilitation Guidelines for Patellar Fractures

The following protocol is to be used as a guide. Some patients will progress more quickly and some more slowly. Please evaluate patient based on individual needs and goals

0-4 Weeks:

- WBAT, Brace locked in extension all times except with therapy
- ROM:
 - Intermittent Active and active assisted flexion with passive extension for 5-10 mins QID
 - Patellar mobilization
 - 0-45 deg ROM only
- Isometric hamstrings exercises for endurance (10-40 reps, 5 sets per day)
- Cryotherapy/edema control

4-6 Weeks:

- Full WB with brace locked in extension when ambulating
 - Can unlock brace when not ambulating
- Advance ROM as tolerated
- Quad strengthening and SLR

Weeks 6-8

- Discontinue brace if ambulating without limp/able to maintain straight leg raise/sufficient quad control
 - If not, can walk with brace unlocked
 - Wear brace if in crowded public areas/icy or slippery conditions or taking long walks
- Advance ROM as tolerated
- Progress hamstring/quadiceps strengthening

Weeks 8-12+:

- Wean from brace if still using
- Full, Normal ROM as tolerated
- Strengthening as tolerated
- Functional Rehabilitation program as needed
- Full Sports by 3-4 months, if applicable
- Progress to work conditioning, if applicable
- Resume higher level sports/activities if near full ROM and at least 80% quad/hamstring strength compared to contralateral knee