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REHABILITATION GUIDELINES FOR PATELLA FRACTURE POST OP ORIF

PHASE I (0-2 WEEKS)

DATES:

Appointments	MD follow up at (10-14 days) Begin physical therapy (5-7 days 2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Protect repair • Pain and edema control
Precautions	<ul style="list-style-type: none"> • Knee brace locked in extension WBAT • ROM 0-30 x 2 weeks, brace unlocked for ROM only • Avoid open chain quad strength x 6 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Quad sets, ankle pumps, hip abduction in SLY and standing, calf raises, standing hip 4-way
Cardiovascular Exercises	<ul style="list-style-type: none"> • UBE
Progression Criteria	<ul style="list-style-type: none"> • Pain free 0-30 ROM

PHASE II (2-6 WEEKS)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Protect repair • Slowly gain ROM • Pain and edema control • Patellar mobility
Precautions	<ul style="list-style-type: none"> • WBAT with brace locked in extension x 6 weeks

	<ul style="list-style-type: none"> Progress Flexion ROM by 10 degrees each week to 90 degrees x 6 weeks Avoid open chain quad strength
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Continue above ex's Initiate SLR once quad set is strong enough Balance bilateral progressing to single leg
Cardiovascular Exercises	<ul style="list-style-type: none"> UBE
Progression Criteria	<ul style="list-style-type: none"> Pain free knee flexion ROM 0-90 degrees

PHASE III (6-12 WEEKS)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> Normalize gait pattern Gain full knee ROM by 8-10 weeks
Precautions	<ul style="list-style-type: none"> Slow progression of knee flexion ROM to full x 10 weeks Discontinue brace in gait when quad control is adequate Avoid open chain quad strength to decrease patellofemoral problems
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Bike, gait training Initiate CKC quad strength, squats, lunges, step up/down, TKE Hip/core exercises with focus on LE mechanical alignment
Cardiovascular Exercises	<ul style="list-style-type: none"> Bike Walking level ground
Progression Criteria	<ul style="list-style-type: none"> Pain free ROM Normal gait pattern

PHASE IV (12-18 WEEKS)

DATES:

Appointments	Continue physical therapy (1-2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> Return to sport

Precautions	<ul style="list-style-type: none"> • Avoid patellofemoral pain with all exercises
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Agility, plyometric strength bilateral progressing to single leg, lateral motions static progressing to dynamic • Eccentric single leg strength • Single leg balance static progressing to dynamic • Sport specific drills
Cardiovascular Exercises	<ul style="list-style-type: none"> • Bike • Walk/Hike (avoiding pain in patellofemoral with downhill) • Running progression
Progression Criteria	<ul style="list-style-type: none"> • Pass return to sport test

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