

NON-OPERATIVE PROTOCOL FOR PATELLA FRACTURE PHYSICAL THERAPY / REHAB PHASES

Phase 1: 0-4 Weeks

- **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 0-45 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 (not quadriceps) prn
 - EMS to hamstrings(not quadriceps) prn
 - cryotherapy
- **Sports:** none.

Phase 2: 4-6 Weeks

- **Range of motion (ROM):**
 - advance ROM as tolerated; **brace locked in full extension when ambulating only!**
 - Strength: Initiate quadriceps strengthening and SLR
- **Weightbearing:**
 - 100% with brace locked in full extension Modalities: prn-as above
- **Sports:** none.

Phase 3: 6-8 Weeks

- **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
- **Weightbearing:** full +/- brace; recommend using the brace (unlocked) if icy conditions outside or if the environment is dangerous / crowded public areas
- **Sports:** none

Phase 4: 8-12 Weeks (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.**

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