TREATMENT AND REHABILITATION PROTOCOL
PATELLA FRACTURE

PHASE 1
Weeks 0 to 2
Knee Immobilizer: Worn at all times except bathing
Weightbearing: WBAT with the knee locked in extensions
Crutches as tolerated
Range of Motion: 0 to 30 degrees
Exercises: Isometric strengthening
Quadriceps, hamstring, abductors, adductors
Ankle pumps

PHASE 2
Weeks 2 to 6
Knee Brace: Worn with weight bearing
May remove at night
Start locked, may adjust to 0-30 as tolerated
Weightbearing: WBAT
Range of Motion: AROM/PROM 0 to 30 degrees
Add 15 degrees each week
Goal is 90 degrees by week 6
Exercises: Isometric strengthening
Quadriceps, hamstring, abductors, adductors
Ankle pumps
Initiate straight leg raises

PHASE 3
Weeks 6 to 10
Knee Brace: Unlocked. Worn during weight bearing activities
Weightbearing: Full, with the brace unlocked
Range of Motion: Continue AROM/PROM to full by week 10
Initiate closed-chain strengthening
Exercises: Quadriceps, hamstring, abductors, adductors
Ankle pumps

PHASE 4
Weeks 10-12
Knee Brace: Discontinue brace use
Weightbearing/ROM: Full
Exercises: Continue strengthening
Quadriceps, hamstring, abductors, adductors
Stationary bicycle, increase resistance as tolerated
Sport/activity specific rehabilitation

Return to full activities as tolerated at 3-6 months