



Brian B. Gilmer, MD
US Ski Team Physician

Karly M. Dawson PA-C
Teaching Associate

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 downhills) • Running progression
Progression Criteria	<ul style="list-style-type: none"> • Pass return to sport test

MAMMOTH ORTHOPEDIC INSTITUTE

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.924.4084

162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.7766

SIERRA PARK PHYSICAL AND OCCUPATIONAL THERAPY

85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.934.7302

162 South Main Street ▪ Bishop, CA 93514 ▪ 760.872.2942