

Steven Pancio, M.D.
Orthopedic Surgeon
www.PancioOrthopedics.com



Patella Fracture – Rehabilitation

Phase 1: 0-2 Weeks Post-op

1. Knee Immobilizer – wear at all times. Take the immobilizer off only for physical therapy sessions.
 - a. Knee Immobilizer will be converted to a hinged knee brace at a subsequent return visit.
2. Weight-bearing as tolerated with the knee locked in extension.
3. Range of Motion: AROM / AAROM / PROM, 0-30 degrees.
4. Therapeutic Exercises: Isometric quadriceps, hamstring, adductor, abductor strengthening; ankle Thera band exercises.

Phase 2: 2-6 Weeks Post-op

1. Knee Brace – wear with weight-bearing activities, still locked in full extension. Brace may be removed at night.
2. Weight-bearing as tolerated with the knee locked in extension.
3. Range of Motion: AROM / AAROM / PROM, add 15o of flexion each week. Goal is 90o by post-op Week 6.
4. Therapeutic Exercises: Isometric quadriceps, hamstring, adductor, abductor strengthening; ankle Thera band exercises, initiate straight leg raises.

Phase 3: 6-10 Weeks Post-op

1. Knee Brace – wear with weight-bearing activities, unlocked.
2. Weight-bearing: Full
3. Range of Motion: AROM / AAROM / PROM, progress to full ROM by post-op Week 10.
4. Therapeutic Exercises: Isometric quadriceps / hamstring / adductor / abductor strengthening; ankle Thera band exercises; initiate straight leg raises.

Phase 4: 10-12 Weeks Post-op

1. Knee Brace – discontinue.
2. Weight-bearing: Full
3. Range of Motion: Full
4. Therapeutic Exercises: Isometric quadriceps / hamstring / adductor / abductor strengthening; ankle Thera band exercises; initiate straight leg raises; start stationary bike.

Phase 5: 3-6 Months Post-op

1. Return to full activities as tolerated

Abbreviations

AAROM..... active assistive range of motion

AROM active range of motion

ORIFopen reduction internal fixation

PROM.....passive range of motion

ROM..... range of motion