



Quadriceps/Patella Tendon Repair
Patella Fracture ORIF

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- **Phase I – Immediate Post Surgical Phase (Week 0-2)**
 - Will typically delay therapy 2 weeks to allow early healing
 - Goals
 - Maintain integrity of repair
 - Decrease pain and inflammation
 - Prevent muscular inhibition
 - Cryotherapy for pain/inflammation
 - Ice 15-20 minutes every hour
 - Brace
 - Hinged knee brace locked in extension for ambulation
 - May unlock 0-30 degrees when not ambulating
 - Weight Bearing
 - As tolerated in knee brace with crutches

- **Phase II – Protection Phase (Week 2-4)**
 - Goals
 - Allow healing of soft tissue
 - Do not overstress healing tissue
 - Gradually increase ROM
 - Progression based on swelling/inflammation
 - Decrease pain and inflammation
 - Restore patellar mobility
 - Restore muscle activation

 - Week 2-4
 - Continue use of ice as needed
 - Progress ROM to 0-60 degrees in therapy
 - Continue brace locked in extension for ambulation for first 6 weeks
 - May open brace to 0-60 degrees when not ambulating
 - Weight bearing- discontinue crutches when appropriate

- Week 4-6
 - May use heat prior to exercises
 - Progress ROM to 0-90 in therapy
 - Muscle retraining
 - Active knee extension 0-60, pain free arc
 - Stationary bicycle if pain permits (in brace)
 - Proprioception training
 - Anti-gravity SLR

- Phase III – Intermediate Phase (Week 6-12)
 - Goals
 - Control forces during ambulation and ADL's
 - Eliminate swelling
 - Functional exercise movements
 - Typically discontinue brace around week 8 (Dr. Hess discretion)
 - May unlock for ambulation when good quad control returns

 - ROM Goals
 - Week 7: 0-100
 - Week 8: 0-110
 - Week 10: 0-120+
 - Gradually introduce quadriceps strengthening
 - Continue above exercises
 - May begin pool program

- Phase IV –Strengthening Phase (Week 12-18)
 - Goals
 - Maintain full ROM
 - Improve limb strength and endurance
 - Restore limb confidence and function
 - Criteria to progress to Phase IV
 - Adequate, non-painful ROM
 - Absence of swelling/inflammation
 - Knee extension strength 70% of contralateral knee
 - Continue above exercises
 - Progress to functional drills as tolerated

- Phase V –Return to Activity Phase (Week 18-24)
 - Goals
 - Gradual return to strenuous work activities
 - Gradual return to recreational sports activities
 - Criteria to progress to Phave V
 - Appropriate strength level/Clinical exam

- Strength and proprioception 80% of contralateral leg
- Continue strengthening exercises
- Emphasis on eccentrics and functional exercises
- May initiate plyometrics at month 5 (if appropriate)
- May initiate light running at month 5 (if appropriate)