TWIN CITIES ORTHOPEDICS

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PATELLAR FRACTURE ORIF PT PROTOCOL

	BRACE INSTRUCTIONS AND RESTRICTIONS	RANGE OF MOTION GOALS	PT EXERCISES/NOTES
PHASE 1 **First 2 Weeks (0-2)** 1-2 Sessions/week Begin after 5-7 days	**-Hinge Knee brace x 8 weeks** (may remove for shower/hygiene after 2 weeks) -Brace locked in extension with ambulation and sleeping at 0 degrees -Crutches or walker for assisted ambulation -**Touch down weight bearing in brace locked at 0 degrees**	-None	-Begin pain/edema control, passive ROM exercises -Begin ankle pumps
PHASE 2 **Next 4 Weeks (2-6)** 2 Sessions/week	**-Hinge Knee brace x 8 weeks** (may remove for shower/hygiene) -Brace locked in extension with ambulation and sleeping at 0 degrees -Unlock brace when seated for 0 to 30 degrees range of motion (add 15 degrees each week to meet goal) -Crutches or walker for assisted ambulation -**Touch down weight bearing in brace locked at 0 degrees**	-Progress PROM/ AAROM/AROM when seated (start with 30 degrees after 2 weeks, progress 15 degrees a week for Goal of 60 degrees knee flexion **by 4 weeks,** Goal of 90 degrees knee flexion **by 6 weeks**)	-Begin isometric quad sets -Continue ankle pumps, begin heel slides, 4 way leg lifts with brace locked in extension -Progress to scar mobilization, gentle patellar mobilization
PHASE 3 **Next 4 Weeks (6-10)** 2 Sessions/week	-Advance to **full weight bearing** as tolerated -Unlock brace with ambulation **at 7 weeks** -Discontinue walker, cane, or crutches as able **at 7 to 8 weeks**	-Continue to advance PROM/AAROM/ AROM to reach full ROM	-Continue phase 2 exercises and add open chain knee flexion/extension exercises, closed chain quad control from 0 to 40 degrees with light squats and

	-Discontinue brace **at 8 weeks**		leg press, prone knee flexion, balance/ core/hip/glutes, -Stationary bike to increase ROM **at 8 weeks**
PHASE 4 **Next 6 Weeks (10-16)** 1-2 Sessions/week		-Continue to advance PROM/AAROM/ AROM to reach full ROM	-Continue phase 3 exercises and add hip/core strengthening, stretching for patient specific muscle imbalances, closed chain exercises short of 60 degrees knee flexion -Progress proprioceptive activities and non-impact balance drills, functional movements (squat, step back, lunge) -Stationary bike add resistance as tolerated