

Rehabilitation Protocol: Quadriceps / Patellar tendon repair / ORIF Patella Fracture

Phase I (Weeks 0-2)

- **Weightbearing:** Partial to full weight bearing as tolerated with appropriate assistive device.
- **Hinged Knee Brace:**
 - Locked in full extension at ALL times.
- **Range of Motion:** NONE
- **Therapeutic Exercises**
 - May do gentle Quad setting and ankle pumps.

Phase II (Weeks 2-6)

- **Weightbearing:** As tolerated with assistive device
- **Hinged Knee Brace:**
 - Locked in full extension for ambulation and sleeping – May adjust brace to allow 30 deg of flexion during PT visits and home range of motion exercises initially and advance up to 60 degrees of flexion.
- **Range of Motion** – May unlock brace to 30 degrees initially. May advance up to 60 degrees as tolerated. Active knee flexion. CPM if needed.
- **Therapeutic Exercises**
 - Quadriceps setting
 - Heel Prop
 - Heel Slides
 - Sitting knee flexion (bend to maximum of 60 degrees)
 - Hip Abduction
 - Standing Toe Raises
 - Ankle Pumps
 - NO straight leg raises
 - NO active knee extension exercises antigravity
 - NO stairs

Phase III (Weeks 6-12)

- **Weightbearing:** Full weightbearing.
- **Hinged Knee Brace:** Discontinue brace use when patient has achieved full extension with no evidence of extension lag and able to flex greater than 90 degrees.
- **Range of Motion** – Increase flexion until full range of motion is achieved. Progressive active and gradual passive knee flexion
- **Therapeutic Exercises**
 - Quadriceps setting
 - Heel Prop
 - Heel Slides
 - Sitting knee flexion (bend to maximum of 60 degrees)
 - Hip Abduction
 - Standing Toe Raises
 - Ankle Pumps



- Other modalities as deemed needed by therapist

Phase IV (Months 3+)

- May start strengthening exercises.
- Maintenance program for strength and endurance