



PATELLAR FRACTURE (NON-OPERATIVE)

Rehabilitation Protocol

0-4 weeks

- WBAT with knee locked in extension
- Knee immobilizer to be worn at all times
- Begin formal physical therapy at 4 weeks post-injury

4-6 weeks

- Continue WBAT, keeping knee in full extension at all times (may remove for PT)
- Begin formal physical therapy
- AROM/PROM/AAROM:
 - Week 4: 0-15°
 - Week 5: 0-30°
- Isometric strengthening for quadriceps, hamstrings, abductors
- Ankle exercises with Thera-Band
- AROM/AAROM/PROM: Add 15° of flexion each week, with a goal of 90° by 8-10 weeks post-op
- Initiate straight leg raises (SLR)

6-10 weeks

- Full WB by 6 weeks, with brace unlocked for WB activities
- Achieve full ROM by 10 weeks post-op
- Progress active strengthening exercises
- Begin stationary bike

10-12 weeks

- Discontinue knee brace
- Achieve full ROM

3-6 months

- Return to full activities as tolerated

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery