REHABILITATION GUIDELINES FOR PATELLA ORIF/NON DISPLACED NON OPERATIVE PATELLA FRACTURE/QUADRICEP OR INFERIOR PATELLAR TENDON REPAIR

Stage 1(Day 1-4 weeks):
-ROM: hinged knee splint locked at 0 degrees; intermittent active and active assisted flexion with passive extension for 5-10 minutes QID; patellar mobilization; stay within 0-45 degrees ROM
-Strength: isometric hamstrings utilizing an endurance program of 10-40 repetitions per set with 5 sets per day
-Weight bearing: 100% with brace locked in full extension
-Modalities: EMG biofeedback to hamstrings (not quadriceps) prn; EMS to hamstrings(not quadriceps) prn; cryotherapy
-Sports: none.

Stage 2(4 weeks-6 weeks):
-ROM: advance ROM as tolerated; brace locked in full extension when ambulating
-Strength: Initiate quadriceps strengthening and SLR
-Weightbearing: 100% with brace locked in full extension
-Modalities: prn-as above
-Sports: none.

Stage 3(6 weeks-8 weeks):
-ROM: increase as tolerated; d/c brace
-Strength: progress with PREs of hamstring and quadriceps
-Weightbearing: full with brace at 0-30 degrees
-Modalities: as above.
-Sports: none

Stage 4(8 weeks-12 weeks):
-ROM: as tolerated; wean off of knee brace by post-op week 10
-Strength: “Nonoperative patellofemoral program”
-Modalities: prn
-Sports: progress through graduated running program such as “functional rehabilitation program” Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity. Usually back to full sports by 3-4 months. Progress through work conditioning, if applicable.
Stage 5 (12 weeks and beyond):
   ROM: as tolerated.
   Strength: “Nonoperative patellofemoral program”
   Modalities: prn
   Sports: progress through graduated running program such as “functional rehabilitation program”
   Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity. Usually back to full sports by 3-4 months. Progress through work conditioning, if applicable.