

Physical Therapy Prescription for:

label

**Diagnosis:** Patella Fracture  
**Surgical Procedure:** ORIF Patella  
**Date of Surgery:**  
**Eval & Treat:** 2x/week x 24 weeks

**Brace:** Hinged knee brace

- Full time locked in extension for 6 weeks for ambulation. Can come out of brace for PT
- Weeks 6-12, brace unlocked 0-90 degrees
- Wean brace by 12 weeks post-op

**Immediate Postoperative Period: 0-2 weeks (Goal: edema control, full extension, begin PROM 0-30°):**

- Elevation and knee immobilization in extension
- Weight-bearing as tolerated with knee in full extension
- AAROM/PROM 0-30
- Isometric quads/hamstring/adductor strengthening, ankle theraband exercises
- Laying or seated heel slides 0-30° flexion

**Weeks 2 to 6 (Goal: protect repair, regain PROM 0-90°, begin strength):**

- WBAT with knee locked in full extension in brace, ok to unlock brace to sleep
- Add 15° of flexion each week – goal 90° by week 6
- Sitting slides up to 90° flexion
- Ankle pumps, patellar mobilization, hamstring/gastroc stretch, hip abduction, SLR all directions without knee lag

**Weeks 6 to 12 (Goal: improve ROM 0-135°, walk normally, strengthening):**

- Unlock brace 0-90° with bilateral crutches, wean when patient has quad control
- Start straight leg lifts, short arc 0-25°, wall slides, work to long arm quad AROM
- Wean brace by 12 weeks
- No climbing/descending steps, no squats

**Weeks 12 to 16 (Goal: gentle strengthening)**

- Start stationary bike, step up/down progression <6 inches
- Swimming
- Squat to chair

**Week 16 to 24 (Goal: strengthen and sport retraining):**

- Add gentle plyometrics, leg press work up to ½ body weight
- Progress to sport specific training
- Criteria to start running program: walk with normal gait for 20 minutes, pain free ADLs, ROM > 0-125°, hamstring and quad strength >70% contralateral side, no pain, no edema, no crepitus, no giving-way