



Patella Fracture Post-Operative Protocol

0-2 Weeks: Maintain knee immobilizer for 2 weeks while your incision heals. When lying down make sure to elevate the operative extremity above the level of the heart to decrease swelling and this will help with pain control. It is OKAY to put full weight on the operative extremity while walking but the knee should be kept in an extended position.

2-3 Weeks: At your first follow up visit your knee immobilizer will be changed to a hinged knee brace which allows knee flexion. Initially, your range of motion will be locked from 0-30 deg.

- Initiate Isometric quadriceps and hamstring strengthening (This means activating your muscles without moving your knee)
- Initiate Ankle Thera-band exercises

The red tab at the top should be engaged in the locked position unless you are performing range of motion exercises. The tabs on either side of the dial may be adjusted to allow further motion of the knee in accordance with the stage of rehab.



3-4 Weeks: Increase knee range of motion to 0-45 deg

4-5 Weeks: Increase knee range of motion to 0-60 deg

5-6 Weeks: Increase knee range of motion to 0-75 deg

6-7 Weeks: Generally, you will follow up around week 6 and range of motion can be increased to 0-90 deg. If your fracture appears healed, the brace may now be unlocked for walking.

7-8 Weeks: Increase knee range of motion to full knee flexion

8-12 Weeks: Discontinue brace and add light strengthening as tolerated (stationary bike, no weights)

12+ Weeks: Add resistance, may begin light jogging with progression to running over 4 weeks