

## **Physical Therapy Protocol Patella Fracture Open Reduction Internal Fixation**

**Recommendation:** PT/OT visits 2-3x/week for 8-12 weeks

### **Week 0-2**

- Full weight bearing
- Brace on at all times (except to shower), locked straight
- No knee range of motion
- Quad activation
- Gait training, crutch management

### **Week 2-6**

- Passive knee range of motion with therapy
  - Week 2-4: 0-45 degrees flexion
  - Week 4-6: 0-90 degrees flexion
  - Week >6: Full knee range of motion
- No open chain exercises
- Brace locked in full extension for ambulation until full quad control

### **Week 6-12**

- Wean out of brace
- Gait training, no pivoting
- Soft tissue mobilization
- Closed chain exercises, no open chain exercises
- Progress towards home program

### **Week >16**

- Home exercise program
- Resistance and strength training
- Closed chain exercises