

**Adam Cien, DO**

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

**Phase I: 0-2 Weeks**

- **Knee Immobilizer:** Worn at all times — taken off only for physical therapy sessions converted to hinged knee brace at first post-op visit
- **Weightbearing:** WBAT with the knee locked in extension
- **Range of Motion:** AROM/AAR0M/PROM 0-30 degrees
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises

**Phase II: 2-6 Weeks**

- **Appointment:** Follow-up with Dr. Cien at 2 weeks
- **Knee Brace:** Worn with weightbearing activities still locked in full extension— may be removed at night
- **Weightbearing:** WBAT with the knee locked in extension
- **Range of Motion:** AROM/AAR0M/PROM — add 15 degrees of flexion each week — Goal is 90 degrees by post-op week 6
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, initiate straight leg raises

**Phase III: 6-10 Weeks**

- **Appointment:** Follow-up with Dr. Cien at 6 weeks
- **Knee Brace:** Unlocked per protocol below — worn with weightbearing activities
- **Weightbearing:** WBAT with increasing ROM by 30 degrees per week from weeks 6-10
- **Range of Motion:** AROM/AAR0M/PROM — progress to full ROM by post-operative week 10
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, initiate straight leg raises

**Phase IV: 10-12 Weeks**

- **Appointment:** Follow-up with Dr. Cien at 14 weeks
- **Knee Brace:** Discontinue
- **Weightbearing:** Full
- **Range of Motion:** Full
- **Therapeutic Exercises:** Isometric quadriceps/hamstring/adductor/abductor strengthening, Ankle theraband exercises, initiate straight leg raises, Start stationary bicycle

**Phase V: 3-6 Months**

- Return to full activities as tolerated
- Return to full sports – graduated running program