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Non-Operative Patellar Fracture Guidelines

Post Injury Time:	
Week 1-4	<ul style="list-style-type: none"> • WBAT with knee locked in full extension • Brace ok to be unlocked 0-30 degrees when working with Physical therapy • Initiate QS/SLR's. Abd./Add. Raises, calf exercises
Week 4-6	<ul style="list-style-type: none"> • Continue knee brace wear, increasing ROM 15 deg q week • Progress 4-way hip/calf strengthening
Week 6-8	<ul style="list-style-type: none"> • Typically discontinue brace 6 weeks from date of injury As long as good quad control • Progress Full AROM flexion and extepnsion • Progress quadriceps, hamstring, calf strengthening
Week 8-14	<ul style="list-style-type: none"> • Progress strengthening as appropriate
Week 14-16	<ul style="list-style-type: none"> • Jogging -> progress to running
4-6 Months	<ul style="list-style-type: none"> • Begin agilities
6-8 Months	<ul style="list-style-type: none"> • Return to sports