

Katherine J. Coyner, MD
UCONN Musculoskeletal Institute

Medical Arts & Research Building
263 Farmington Ave.
Farmington, CT 06030
Office: (860) 679-6600
Fax: (860) 679-6649
www.DrCoyner.com

Avon Office
2 Simsbury Rd.
Avon, CT 06001
Office: (860) 679-6600
Fax: (860) 679-6649



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

Stage 1 (Day 1 - 4 weeks):

- ROM: hinged knee splint locked at 0 degrees; intermittent active and active assisted flexion with passive extension for 5-10 minutes QID; patellar mobilization; stay within 0-45 degrees ROM
- Strength: isometric hamstrings utilizing an endurance program of 10-40 repetitions per set with 5 sets per day
- Weight bearing: 100% with brace locked in full extension
- Modalities: EMG biofeedback to hamstrings (not quadriceps) prn; EMS to hamstrings (not quadriceps) prn; cryotherapy
- Sports: none

Stage 2 (4 weeks - 6 weeks):

- ROM: advance ROM as tolerated; brace locked in full extension when ambulating
- Strength: Initiate quadriceps strengthening and SLR
- Weightbearing: 100% with brace locked in full extension
- Modalities: prn-as above
- Sports: none

Stage 3 (6 weeks - 8 weeks):

- ROM: increase as tolerated; d/c brace
- Strength: progress with PREs of hamstring and quadriceps
- Weightbearing: full with brace at 0-30 degrees
- Modalities: as above
- Sports: none

Stage 4 (8 weeks - 12 weeks):

- ROM: as tolerated; wean off of knee brace by post-op week 10
- Strength: “Nonoperative patellofemoral program”
- Modalities: prn
- Sports: progress through graduated running program such as “functional rehabilitation program.” Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity. Usually back to full sports by 3-4 months. Progress through work conditioning, if applicable.

Stage 5 (12 weeks and beyond):

- ROM: as tolerated
- Strength: “Nonoperative patellofemoral program”
- Modalities: prn
- Sports: progress through graduated running program such as “functional rehabilitation program.” Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity. Usually back to full sports by 3-4 months. Progress through work conditioning, if applicable.