

Nonoperative Patellar Fracture Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-4 weeks	As tolerated in brace with crutches (locked straight if hinged brace)	Locked in full extension at all times including sleeping and activity (0-2 weeks) Off for hygiene and exercises	0 - 45° when non-weight-bearing No resistance	PROM, AROM, AAROM 0-45 deg when non weight bearing. No resistance Calf pumps, quadriceps tightening sets, heel slides and patellar mobilization out of brace, modalities
Phase 2 5-8 weeks	As tolerated in brace (locked straight if hinged brace)	Locked in full extension for activities. Off for hygiene and exercises OK to remove at night in bed	Add 15 degrees of flexion each week with goal of 90 degrees by 8 weeks post injury.	Progress non-weight-bearing flexibility Begin side-lying core, hip and gluteal strengthening Initiate straight leg raise
Phase 3 8-12 weeks	As tolerated with brace unlocked and then d/c brace once able in PT	None	Full	Progress closed chain quadriceps strengthening, progress balance, core/pelvic and stability work, lunges and leg press to 90° Begin stationary bike under PT supervision
Phase 4 3-5 months	Full	None	Full	Glutes/ pelvic stability/core + closed-chain quad program Swimming permitted at 12 weeks Advance to sport specific drills and impact activity after 3-4 months when cleared by M.D.

3-4

*Weight-bearing status and brace settings may vary based on fracture/injury. Please refer to specific prescription.

SLR – Straight-leg raise