

## ORIF Patellar Fracture (Non-tension Band)

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
<b>Phase I Weeks 0-6</b>	Promote fracture healing	<u>Post-Op Day 0-10</u> Gait training w/assistive device WBAT (post operative brace locked at 0° extension or immobilizer)	<u>Post-Op Week 0-3</u> Ankle pumps Quad sets A/AROM knee FLEX while sitting 75° - 90° Hamstring/passive extension stretching Standing straight leg raises as tolerated with minimal quad lag Compression, ice, elevation
	Isolated quad set in full extension		
	0° active knee extension		
	>115° active knee flexion		
	Minimal knee effusion		
	Ambulation with assistive device	<u>Post-Op Day 10-Week 3</u> Gait training w/assistive device WBAT (brace locked in extension or in immobilizer  Check w/ MD for specific ROM limits as ROM is often limited due to fracture pattern or fixation	<u>Post-Op Day 10- Week 3</u> Quad sets - If poor VMO recruitment may <ul style="list-style-type: none"> <li>o Use E-stim</li> <li>o Use biofeedback</li> <li>o Perform QS in 15-30° flexion</li> </ul> Straight leg raise Side lying hip abduction Side lying hip adduction A/AAROM knee FLEX while sitting to 90°+ Hamstring/passive extension stretching Standing hamstring curls Ankle strengthening Compression, ice, elevation
		<u>Post-Op Week 3-6</u> Gait training w/ assistive device WBAT post-operative brace open or D/C immobilizer (occasionally patient required to ambulate w/ brace in full EXT until week 6)	<u>Post-Op Week 3-6</u> Quad Sets Standing terminal knee extension w/ band A/AAROM knee FLEX while sitting on chair to 100-120° Stationary bike as tolerated Aquatic therapy for LE strengthening Compression and/or ice of extremity



**Return to sport/occupation criteria:**

1. Satisfactory clinical exam
2. <10% isokinetic strength deficit for quads
3. Satisfactory completion of sport replication activity
4. Pass both single leg functional tests
  - a. Single leg hop for distance AND
  - b. Single leg triple cross-over hop for distance (15cm wide)
    - i. Best of 3 trials
    - ii. < 15% deficit comparing involved/uninvolved (limb symmetry index)