BaylorScott&White
ORTHOPEDIC ASSOCIATES OF DALLAS
A member of HealthTexas Provider Network

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Patella Fracture ORIF

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–6 weeks** GOAL TO ADVANCE *Flexion 0-60°; full passive extension*	Passive extension; active flexion to 60° by 6 weeks. NO active knee straightening*	Weight bearing as tolerated with brace locked straight; crutches as needed	Straight-leg raises in brace, quad sets, ankle pumps; home program
Phase II **6–8 weeks** GOAL TO ADVANCE *Flexion 0-115°; good quad control*	0-90° at week 6, 0-115° at week 7; assisted motion 4-5 times/day	Unlock brace 0-40° (week 6), then 0-70° (week 7) for walking with good quad control; discontinue when no lag	Kneecap mobilization, scar massage, mini-squats 0-45°, leg press 0-60°, band terminal knee extension, 4-6" step-ups, bike (high seat, no resistance)
Phase III **8–12 weeks** GOAL TO ADVANCE *Quad ≥75%; flexion >125°; hop test ≥70%*	Full	Full	Step-downs, wall squats, retro treadmill, stair machine, balance; resisted knee extension at 11 weeks
Phase IV **12–22 weeks** GOAL TO ADVANCE *Quad and hop tests ≥90%*	Full without discomfort	—	Running program, then hops, cutting and sport drills; return to sport**

NOTES

*Fracture healing on x-ray is checked before active straightening and resistance are added

**If approved by physician

This protocol is a guideline. Your surgeon may adjust it based on your surgery and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

Questions: 469.800.7200
Rev. 10/2026