

PHYSICAL THERAPY PRESCRIPTION

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DATE: _____

PATIENT NAME: _____

D.O.B: _____ MRN: _____

DIAGNOSIS: KNEE PATELLA FRACTURE

Right Left Bilateral

SURGERY: KNEE _____

DATE OF SURGERY: _____

PHASE I (0-6 WEEKS) – PROTECTED MOBILIZATION AND EARLY STRENGTHENING

ROM

- WBAT with brace locked in extension
- At 2 weeks, unlock brace with flexion stop between 30 and 60° (depending on intraoperative range of stability) and begin A/AA/PROM flexion through this stable range
- Every week, increase ROM by 10°, with goal of getting 90° of flexion by 8 weeks
- Begin passive extension but *no active extension until 8 weeks*
- Gentle patellar mobilization

Strengthening

- At 2 weeks, begin SLR with brace locked in extension
- Isometric hamstrings, glut strengthening

PHASE II (7-12) WEEKS) – INTERMEDIATE PHASE

ROM

- Unlock brace for ambulation but avoid weightbearing with knee flexion > 70°
- Gently advance ROM in brace beyond 90° flexion – AROM/AAROM/PROM

Strengthening

- Continue quad, hamstring, glut strengthening
- At 8 wks, begin active knee extension in brace
- At 10 wks, progress to bands and limited arc closed chain quads
- At 12 wks, progress to light weights and half squats/leg press
- Stationary bike with light resistance

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PHASE III (13-16 WEEKS) – FUNCTIONAL REHAB AND RETURN TO PLAY

ROM

- Wean from brace
- Continue AROM/AAROM/PROM out of brace

Strengthening

- Begin limited arc open chain quads, open chain hip strengthening
- Begin proprioceptive training
- Begin light jogging in straight line

PHASE IV (16 WEEKS AND BEYOND) – RETURN TO SPORT

Running and sport-specific balance and proprioceptive drills

Dynamic neuromuscular control with multi-plane activities

Unlimited open chain exercises

Return to play ~6 months

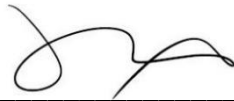
Treatment: Eval and Treat or 1 2 3 times per week

Duration: 4 6 weeks

Home Program

**Please send progress notes.

Physician's Signature: _____



NPI #: 1164790507