

Physical Therapy Prescription

Jesse Kaplan, MD / MBA
 Hand and Upper Extremity Surgery
 101 The City Drive South
 Pavilion III, Building 29A
 Orange, CA 92868
 Phone: 714-456-7012
www.jessekaplanmd.com



PATELLA FRACTURE ORIF

Surgical Date:

Side: Right Left

Phase	Goals	Precautions	Exercises
Phase 1: Weeks 0 – 6	Edema and pain control Protect Repair Maintain full extension Limit quad inhibition ROM 0 - 60	Brace locked in extension when not performing exercises (sleep and walking) WBAT No active knee extension Knee flexion progression: Weeks 0-2: 0 – 30 Weeks 2-4: 0 – 60 Weeks 4-6: 0 - 90	Brace education Seated A/AA ROM knee flexion within limits Passive knee extension Quad re-education / isometrics Scar mobilization Patella mobilization Gait training
Phase 2: Weeks 6-12	Increase ROM 0 - 125 No Extensor lag Normalize gait Ascend Step	WBAT Brace locked for ambulation and sleep Unlock brace 0 – 60 then wean from brace No WB with flexion > 90	Gait training with flexion stop at 60 once good quad control A/AA knee flexion Pool ambulation Patella mobilization Short crank → regular bike Legg press Initiate step up program Initiate squat program Proprioceptive exercises
Phase 3: Weeks 12-18	Full ROM Descend steps Return to ADLs	WBAT Avoid aggravating activities Avoid reciprocal stair decent Swimming ok at 12 weeks	Continue flexion ROM Incorporate quadriceps flexibility Advance closed chain exercises Initiate step-down program Progress squat program

		Running ok at 16 weeks	Isokinetic/isotonic knee extension Proprioceptive training Elliptical and agility program
Phase 4: Weeks 18+	No apprehension Maximize strength Improve endurance Return to activities	WBAT Avoid aggravating activities	Advance agility Plyometric Program

Treatment: 1-2 2-3 times per week for ____ weeks. Home Program

Modalities PRN (Ultrasound/Phonophoresis/E-stim/Ice/Heat)

Physician's Signature: _____

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