

Dr. Thomas X. Nguyen, MD's Patella Fracture Fixation Protocol

If fixation is great:

- First 4 weeks: weight bear as tolerated. Limit flexion to 30 degrees. Isometric quadriceps exercises and straight-leg raises when pain subsides.
- After 4 weeks: range of motion progress.

If fixation is tenuous, partial patellectomy is performed, or when patient is noncompliant:

- First 6 weeks: full weight bearing in a cylinder cast in extension (will have to change the cast at 2 weeks)
- After 6 weeks: progression to a hinged knee brace