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MPFL Reconstruction for Patella Instability (Knee)

Surgery:

1-1.5 hours

Same Day Surgery (Outpatient)

Anesthesia may offer nerve block for
pain control

Goals:

Reconstruct MPFL, Stabilize Patella

Evaluate Knee Joint for any other defects

Decrease pain/Improve Function

General Timeline After Surgery

0-2 weeks Post-Op –

Toe Touch Weight Bearing with Crutches.

Wear brace at all times. Keep knee fully extended at all times.

Begin Physical Therapy 2 weeks post-op (repair)

2-6 weeks Post-Op –

Weight bear as tolerated with brace locked in full extension and crutches.

Unlock hinges on brace to allow full flexion when not weight bearing

6-12 weeks Post-op –

Full weight bearing. Full range of motion

Wean from brace over the 6-8 week post-op period

3-4 months Post-op –

Focus on Strength and Balance. Gradually add agility work and sport-specific drills with
a return to sports as symptoms allow after 4 months post-op

Use a 'J' brace when returning to athletic participation

Typical post-op appointments at 2 weeks, 8 weeks, 6 months post-surgery

Dr. Todd's Contact Information

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