



HEALTH

UNIVERSITY OF UTAH

Stephen K. Aoki, MD

University Orthopedic Center & Primary Children's Medical Center

MPFL Reconstruction for Patellar Instability (Knee)

Surgery:

- 1-1.5 Hours Long
- Same Day Surgery
- Anesthesia may offer & recommend a nerve block for pain control

Surgical Goals:

- Reconstruct MPFL Ligament
- Evaluate Knee Joint for any other defects (treat if necessary)
- Decrease Pain/Improve Function

General Timeline After Surgery:

- 0-1 week Post-Op: Toe touch weight bearing with crutches. In immobilizer brace in full extension with any ambulation. Okay to come out of brace while sitting to begin 0-90 degrees flexion for range of motion.
- 1-6 weeks Post-Op: Slowly increase to full weight bearing; crutches as needed. Continue brace while walking. Okay to remove brace while sitting to move knee from 0-90 degrees.
- **Start formal Physical Therapy 2 weeks after surgery date**
(Find a physical therapist that's close to home and covered by insurance)
- 6-12 weeks Post-Op: Full weight bearing. Full range of motion. Wean out of brace. May start performing light resistance exercise on a stationary bike
- 3-4 months Post-Op: Focus on strength and balance exercises. Okay to begin light sport specific drills. Gradually increase return to full activities between 4-6 months post-op.
- **Typical Post-Op Appointments: 2 weeks, 3 months, 6 months, and 1 year out from surgery**
***Changes to timeline may occur if other issues are found during surgery ***

Dr. Aoki's Team Contact Information:

FOR MORE INFORMATION VISIT WWW.AOKIMD.COM

Clinic/Pre & Post-Op Questions

Phone: 801-587-2557

Email: reed.omdal@utah.edu

Clinic/Appointment Questions

Phone: 801-587-7487

Email: angel.waddoups@utah.edu

Clinic Fax Number: 801-587-3990

Surgery Scheduling

Primary Children's: 801-662-5607

UUOC: 801-587-7187