



# HEALTH

## UNIVERSITY OF UTAH

**Dr. Robert T. Burks, MD**  
University Orthopedic Center

### Medial Patellofemoral Ligament (MPFL) reconstruction

#### Surgery:

- 1.5—2.5 Hours Long depending on complication
  - Outpatient Surgery
- Anesthesia will offer a local nerve block to help with pain control, and may also consider alternatives to narcotics for pain control

#### Surgical Goals:

- Reconstruct the MPFL to return stability to the knee for athletic activity. Cartilage damage as well as other congenital factors may more intricate procedure, which will be discussed pre-procedure
- Examine cartilage within the knee, repairing or resecting as needed

#### General Timeline After Surgery:

- **0-1 week Post Op:** Weight bear as tolerated using crutches. An immobilizer will be utilized for protection and to maintain extension of the knee while you sleep. Range of motion (flexion) to 90 degrees while seated. Staff will provide weight bearing instructions if you've had a meniscus repair. **You will start formal physical therapy as soon as 3 days post op, with 1-3 visit prior to returning to have your sutures removed (8-12 days)**
- **1-6 weeks Post Op:** Advance motion to full, with the first goal being to spin on a bike. Return to full weight bearing and normal gait pattern. Increase strength of the quad and glutes, working both at therapy and at home.
- **6-12 weeks Post Op:** Strength building for the quad, focusing on normalization gait pattern. Should focus on working with your therapist, but can begin to return to a gym routine as directed.
- **3-4 months Post Op:** May return to running as directed by therapist, beginning on a treadmill and transitioning to outdoors as you are comfortable. Avoid poor weather and slippery surfaces.
- **4-6 months Post Op:** Gradual return to sport activity, with return to cutting, pivoting in the 8-9 month timeframe. Continue maintenance for strength and endurance activity.
- **Any distalization of the tibial tubercle will result in slower advancement of flexion and delay of PT**
- **Post Op appointments generally scheduled around 1-2 weeks, 6 weeks, 3 months, and 6 months**

#### Dr. Burks' Team Contact Info:

For More info, please see [robertburksmd.com](http://robertburksmd.com)

##### Clinic/Pre and Post Op Questions

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