

MPFL Surgery



RECOVERY PROGRESSION

- **Outpatient surgery** (go home the same day), Surgery time 1- 1 ½ hours
- **Brace** 6 weeks walking in extension, but bending up to 90 degrees seated
- **Physical Therapy** -1-2x week for approximately 3 months
- **Restrictions-**
 - School or Office- 1-2 weeks
 - Doing most activities of daily living – 8 weeks
 - Full Sports and activities – 5-6 months
- **Postoperative Visits-**
 - 2 weeks- sutures out and review surgery
 - 6 weeks- wean from brace check range of motion
 - 3 months- ensure full range of motion and normal walking
 - 4-6 months or as needed