



KNEE MEDIAL PATELLOFEMORAL LIGAMENT (MPFL) RECONSTRUCTION POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your knee elevated as much as possible for the next few days. Use crutches and brace (if provided) at all times.
2. You may change the bandage in three (3) days or if the bandage gets wet. Keep the incision covered until seen in follow-up.
3. Post-operative bleeding is not unusual. Reinforce the dressing as needed. If you have concerns about the amount of bleeding, please call the office.
4. Use your cold therapy unit as directed until you are seen in the office.
5. Remember that the surgery will cause your thigh muscles to be weak, so take your time and be safe. You may walk with your crutches and brace placing minimal weight on your leg.
6. You may begin the exercises on page two. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
7. Post-operative pain is common but should be controlled by the prescriptions given to you.
8. You will be seen for follow-up within a week. Please call our office listed below if you have any questions or concerns.



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Heel-Leg Prop

Elevate your leg by placing a cushion underneath your lower leg or heel as shown. While the leg is elevated, you may also bend your ankle so your foot moves up and down or in circles. Do this 4-8 times per day for 15-20 minutes. You may also sleep with your leg elevated.



Ankle Pumps/Circles

Move your foot up and down, or in circles, from the ankle. This may be done while you are doing the Heel-Leg Prop. Repeat 4-8 times per day.



Quad Set

Squeeze thigh muscles tightly, as if pressing the back of your knee into the surface you are lying on. Hold contraction for 10 seconds, repeat 30 times. Do this 4-6 times per day.



Calf Stretch

Using a towel or a belt, gently stretch your calf muscles as pictured. Keep your knee straight. Hold the stretch for 20-30 seconds. Do this 4-6 times per day.