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What is the medial patellofemoral ligament (MPFL)?

The MPFL is a ligament on the inside of the knee that helps stabilize the patella (kneecap) and prevents it from dislocating or shifting out of place towards the outer side of the knee.

What is MPFL reconstruction?

MPFL reconstruction is a surgical procedure performed to repair or reconstruct a torn or damaged MPFL. It involves using a graft (often taken from the patient's hamstring tendon) to replace the damaged ligament and restore stability to the kneecap.

Who is a candidate for MPFL reconstruction?

Candidates for MPFL reconstruction typically include individuals who have experienced recurrent patellar dislocations or instability due to a torn or incompetent MPFL. Candidates may have tried conservative treatments such as physical therapy without success.

How is MPFL reconstruction performed?

MPFL reconstruction is usually performed arthroscopically, where small incisions are made around the knee joint. The surgeon then prepares a graft, tunnels are drilled in the patella and femur, and the graft is secured in place to reconstruct the MPFL.

What are the benefits of MPFL reconstruction?

MPFL reconstruction can help restore stability to the knee, reduce the risk of recurrent patellar dislocations, alleviate pain, and improve function and mobility in the affected knee.

What is the recovery process like after MPFL reconstruction?

Recovery from MPFL reconstruction involves a period of immobilization followed by physical therapy to regain strength, flexibility, and range of motion in the knee. Patients typically start bearing weight on the operated leg with the help of crutches and gradually progress to full weight-bearing over 2 Weeks.

What are the potential risks and complications associated with MPFL reconstruction?

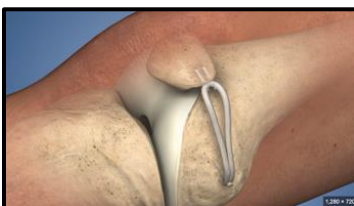
Like any surgical procedure, MPFL reconstruction carries risks such as infection, bleeding, blood clots, stiffness, nerve injury, or graft failure. Patients should discuss these risks with their surgeon before undergoing the procedure.

Will I be able to return to sports or physical activities after MPFL reconstruction?

Many patients are able to return to sports and activities after completing their rehabilitation program following MPFL reconstruction. However, the timeline for returning to high-impact or contact sports may vary depending on individual healing and recovery.

Can MPFL reconstruction prevent future patellar dislocations?

MPFL reconstruction is effective in stabilizing the patella and reducing the risk of recurrent dislocations in many cases.



MPFL RECONSTRUCTION



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