



WORK RESTRICTIONS – MPFL RECONSTRUCTION



STEPHEN THON, MD
ORTHOPEDIC & SPORTS MEDICINE SURGEON
www.stephenthonmd.com

Date of Surgery: _____

ICD-10 Code: S83..003 -Dislocation of Patella

0-2 Weeks:

- OFF WORK for 1 - 2 weeks
- Weight bearing as tolerated (WBAT) knee brace locked in full extension.
- No lifting, carrying, pushing, or pulling with the operative extremity
- Walking: Up to 20 minutes at a time, using crutches or a walker
- Standing: Up to 20 minutes at a time
- Sitting: As tolerated, with the operated leg elevated
- No crawling, kneeling, squatting, or climbing
- Sedentary job: May return to work if able to keep the operated leg elevated and use crutches for moving around
- Moderate walking job: Not permitted
- Heavy labor job: Not permitted

3-8 Weeks:

- Lifting, carrying, pushing, or pulling: Up to 5 pounds with the operative extremity
- Walking: Up to 40 minutes at a time, wean from crutches
- Standing: Up to 30 minutes at a time. Hour break in between.
- Sitting: As tolerated, with occasional elevation of the operated leg
- No crawling, kneeling, squatting, or climbing
- Sedentary job: May continue working with occasional elevation of the operated leg
- Moderate walking job: Not permitted
- Heavy labor job: Not permitted

9-16 Weeks:

- Lifting, carrying, pushing, or pulling: Up to 15 pounds with the operative extremity
- Walking: Up to 30 minutes at a time, without assistive devices
- Standing: Up to 30 minutes at a time.
- Sitting: As tolerated, without leg elevation
- Crawling, kneeling, squatting, or climbing: Up to 30 minutes, no flexion past 90 degrees.
- Sedentary job: Full return to work
- Moderate walking job: May return to work with limitations on prolonged walking or standing
- Heavy labor job: Not permitted

16-24 Weeks:

- Lifting, carrying, pushing, or pulling: Up to 25 pounds with the operative extremity
- Walking, Standing, Sitting: As tolerated. No restrictions.
- Crawling, kneeling, squatting, or climbing: As tolerated, but avoid prolonged positions
- Sedentary job: No restrictions
- Moderate walking job: Full return to work
- Heavy labor job: Above limitations

24+ Weeks:

- No restrictions on lifting, carrying, pushing, or pulling
- No restrictions on walking, standing, sitting, crawling, kneeling, squatting, or climbing
- No work restrictions

MMI is expected 6 months.

Signature: _____

Date:

Stephen G. Thon, MD

www.AdvancedOrtho.org

Phone: (303) 344-9090

Fax: (720) 895-1121