

Pelvic Reconstruction Surgery

If you've experienced a complex pelvic fracture or have ongoing problems related to pelvic instability, pelvic reconstruction surgery may be the most effective solution. At Midlands Orthopaedic Clinic, we offer expert diagnosis and treatment for complex pelvic conditions, using advanced surgical techniques to restore function, relieve pain, and support long-term recovery.

What Is Pelvic Reconstruction Surgery?

Pelvic reconstruction surgery is a procedure used to repair and stabilise the bones of the pelvis after serious injury or deformity. The pelvis is a ring-like structure made up of several bones that support your spine and connect your upper and lower body. When damaged, this area can cause significant pain, instability, and limitations in movement.

Reconstruction may be required following high-energy trauma, such as a road traffic accident, a fall from height, or as a revision procedure after previous pelvic surgery. In some cases, pelvic surgery is also needed to correct congenital deformities or degenerative conditions.

When Is This Surgery Recommended?

You may be referred for pelvic reconstruction surgery if you have:

- A complex or unstable pelvic fracture
- Chronic pain due to poor pelvic alignment or healing
- Pelvic deformity after trauma or surgery
- A non-union (bone that hasn't healed properly) or malunion (bone that has healed in the wrong position)
- Ongoing functional limitations due to pelvic instability

Our experienced orthopaedic team will perform a full assessment, including advanced imaging such as CT or MRI scans, to determine the extent of the problem and develop a personalised surgical plan.

What Happens During The Procedure?

Pelvic reconstruction surgery is performed under general anaesthetic and is tailored to the location and complexity of your condition. The operation may involve:

- Realigning and fixing broken or misaligned bones using plates, screws, or rods
- Bone grafting to encourage healing or fill gaps
- Reinforcement of joints or ligaments to stabilise the pelvis

Every procedure is carefully planned using 3D imaging where appropriate, to ensure accurate correction and the best possible long-term result.

Recovery And Rehabilitation

Recovery from pelvic reconstruction can vary depending on the complexity of the surgery and your overall health. Our team will guide you through a structured recovery programme that includes:

- Pain management and wound care in the early days after surgery
- Physiotherapy to gradually improve strength, flexibility, and movement
- Guidance on walking aids and weight-bearing restrictions if needed
- Regular follow-up appointments to monitor healing and progress

Most patients can expect to begin gentle movement within a few days and steadily build strength and mobility over the following months. Full recovery may take several months to a year, especially in more complex cases.

Benefits Of Pelvic Reconstruction Surgery

- Restores stability and alignment of the pelvis
- Relieves long-term pain and discomfort
- Improves mobility and functional independence
- Corrects deformities or complications from previous injuries
- Supports long-term joint and spinal health

Why Choose Midlands Orthopaedic Clinic?

Pelvic surgery requires specialist expertise, and at Midlands Orthopaedic Clinic you are in safe hands. Our consultants have extensive experience in complex orthopaedic trauma and reconstruction procedures.

We provide:

- Access to expert consultants and multidisciplinary care
- Advanced imaging and surgical planning tools
- Personalised rehabilitation programmes to support full recovery
- A focus on safe, effective, and patient-centred treatment

Get In Touch

If you're living with the effects of a pelvic fracture or struggling with ongoing pelvic instability, get in touch with Midlands Orthopaedic Clinic today. We're here to help you get back to a more active, comfortable, and confident life.