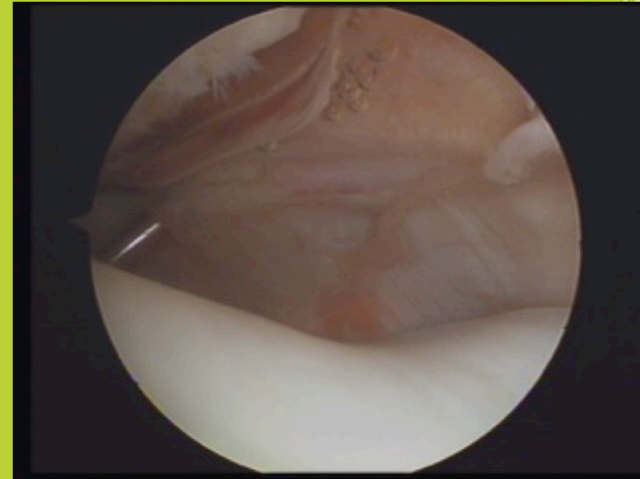


Surgery after First-time Patella Dislocation without Stabilization

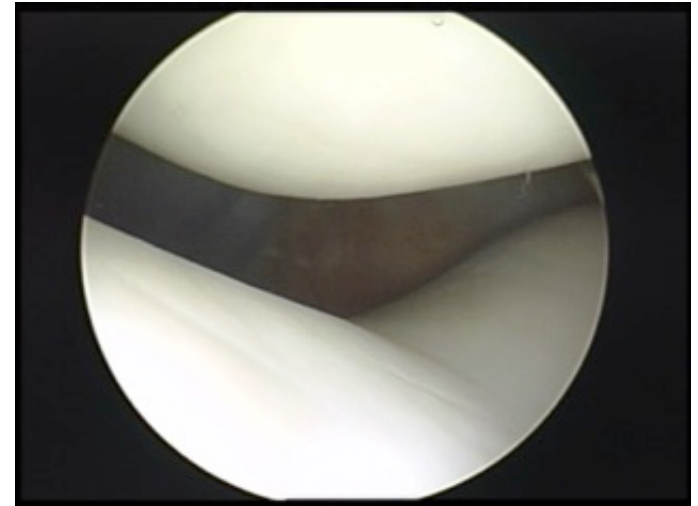


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Anatomy

- **Patella** = “knee cap”
- **Trochlea** = “groove”
- Cartilage cushion on surface of bones
 - Often injured with dislocation
- **MPFL (medial patellofemoral ligament)** = ligament that keeps knee cap in place
 - Torn/stretched with dislocation



TT-TG Distance

Attachment of patella tendon too far to the outside of leg.

As thigh muscles straighten leg, knee cap is pulled to the side out of the groove.



Patella dislocation

- Osteochondral fracture / Loose Body (1/3 of cases)
 - Typically from knee cap or end of thigh bone



Main Goals for Surgery

Remove Loose Body

- Decrease swelling
- Remove locking/popping
- Improve function
- Allow physical therapy to work

Return to Sport



Surgery Details – “Clean up” and Loose Body Removal

<60 minute outpatient surgery (go home same day)

General anesthesia (asleep the whole surgery and won't feel anything)

Arthroscopic surgery with few small incisions

Risks (rare!): anesthesia, bleeding, nerve injury, infection, stiffness, continued pain, re-operation, failure to return to sport



Recurrence of Patellar Instability in Adolescents Undergoing Surgery for Osteochondral Defects Without Concomitant Ligament Reconstruction

Jason M. Pedowitz,^{*} BS, Eric W. Edmonds,^{*†} MD, Henry G. Chambers,^{*†} MD,
M. Morgan Dennis,[†] BS, Tracey Bastrom,[†] MA, and Andrew T. Pennock,^{*†‡} MD
Investigation performed at Rady Children's Hospital, San Diego, California, USA

Success rate = 60% if TT-TG distance <15 mm

- 25% if 15 mm or higher
- 14% if 20 mm or higher

What to expect after surgery

Weightbearing as tolerated

No brace

Crutches 3-7 days

Back to school/work within a few days

Physical therapy starts 3-4 days after surgery

Return to sports typically **3-6 months**

Conclusions

Goals = remove diseased tissue, allow accelerated rehabilitation

Patient selection and postop physical therapy is key

Underlying anatomic risk factors can affect risk of recurrent instability

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