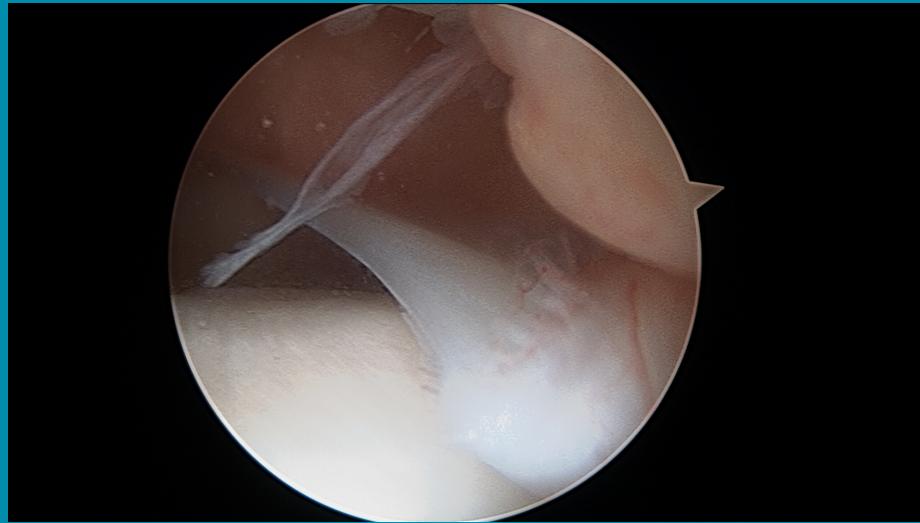


# Plica Syndrome in the Adolescent Patient

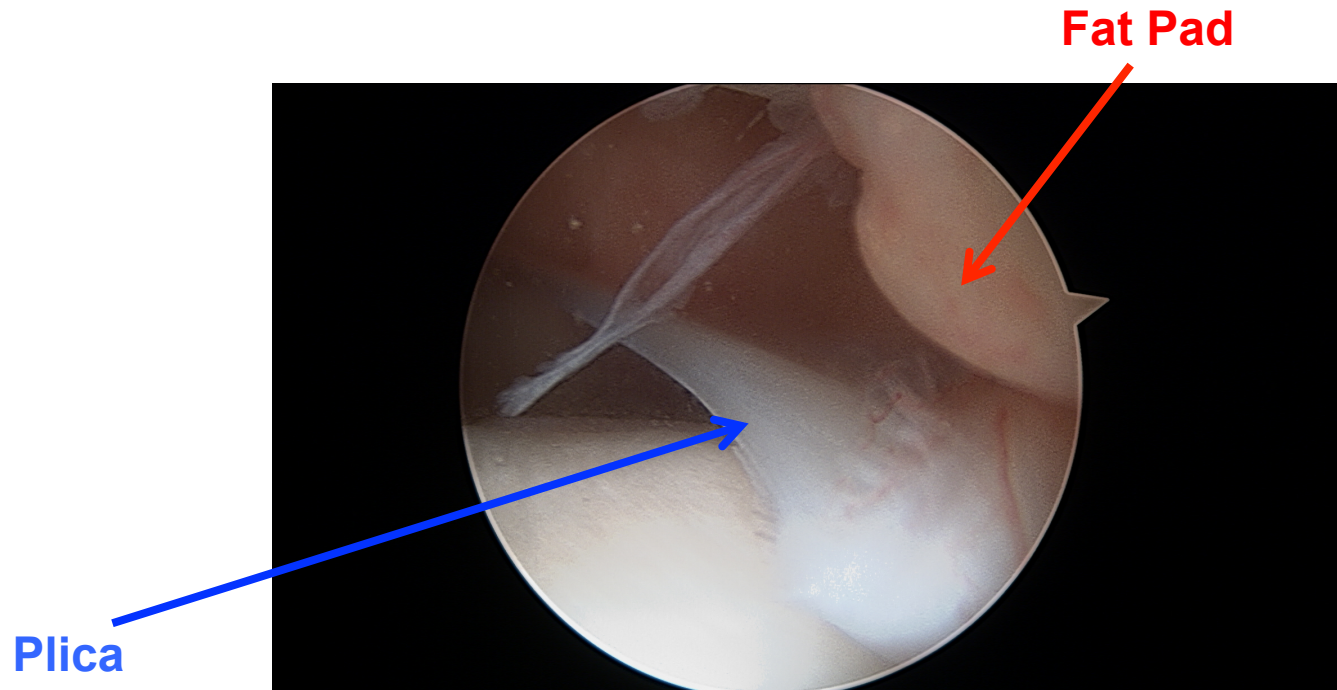


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Updated February 29, 2020

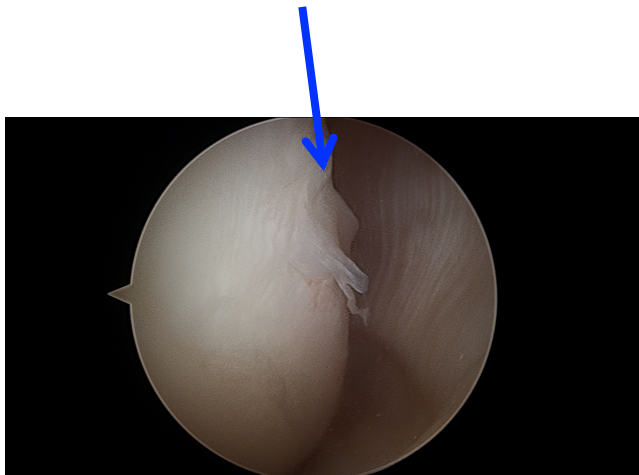
# What is a knee plica?

- A **fold of tissue** in the lining of the joint capsule



# How does it cause pain?

- Rubs over the thigh bone with bending the knee
- Can cause pain and abrasion of the cartilage



Extension



15°-30° Flexion



30°-45° Flexion

# Non-surgical Treatment



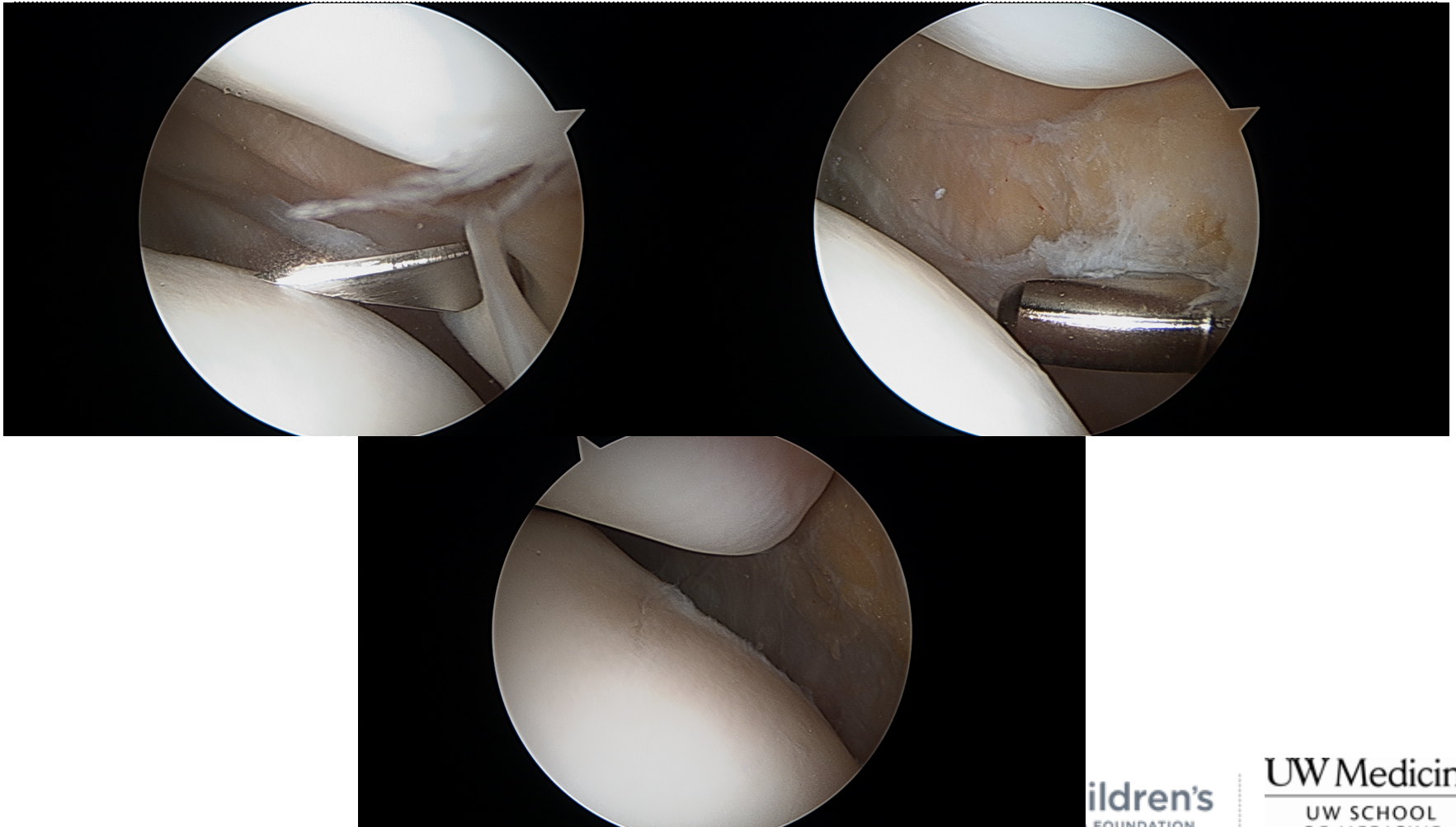
# “Cortisone shot”

- Corticosteroid injection into the knee joint
- May help decrease pain and swelling
- Can be temporary or permanent





# Surgical Treatment is Arthroscopy and Plica Excision



# Surgery Details

~30 minute outpatient surgery (go home same day)

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

Arthroscopic surgery with two small incisions

Risks (rare!): anesthesia, bleeding, nerve injury, infection, stiffness, continued pain



# What to expect after surgery

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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 **6-12 weeks**



# Conclusions

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Plica Syndrome is very common in teenagers  
Surgery when non-surgical treatment fails  
Arthroscopy and plica excision is successful  
6-12 week rehabilitation