

Treatment of Patellofemoral Dislocations : Operative vs conservative Rx



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PF Instability :

Predisposing Factors

- Female > Males
- Limb alignment
 - Q angle, Valgus, rotation, trochlear dysplasia
- Chronic Instability (ligamentous)
- Traumatic event without predisposing factors **

**Likely to succeed with non op Rx

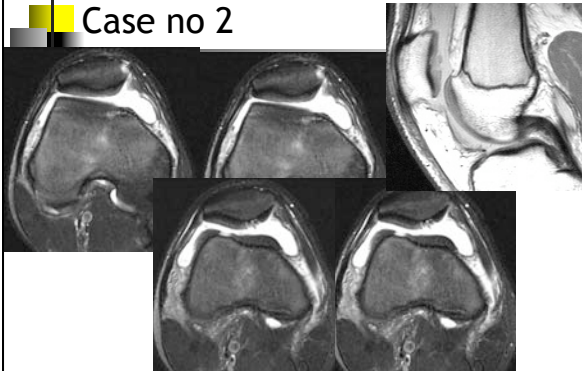
Case no 2

- 15 yo male
- Competitive basketball player
- Acute patellar dislocation
 - 1st time
 - At 10 days full ROM , minimal pain , walking
- Exam :
 - Normal alignment
 - medial parapatellar tenderness
 - mild VMO tenderness
 - Apprehension
- Normal xrays

Case no 2



Case no 2



Case no 2


What would you do?

- a) rehab program , reduce/modify activity, bracing
- b) Scope, debridement , rehab ,bracing
- c) Scope , debridement , repair MPFL
- d) Scope , open realignment , MPFL repair


PF Instability : etiology

Predisposing Factors (Alignment)

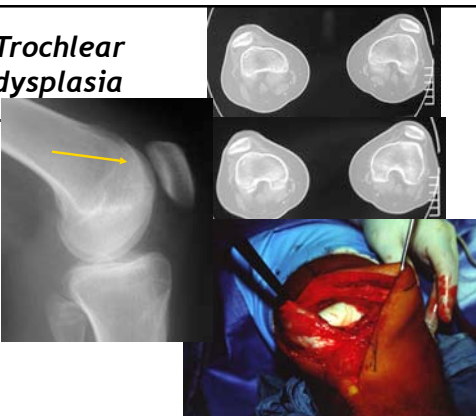
- Valgus deformity
- Miserable malalignment :
 - internal tibial torsion , proximal tibia vara , femoral anteversion, increased Q angle
- Trochlear Dysplasia



Valgus deformity



Trochlear dysplasia

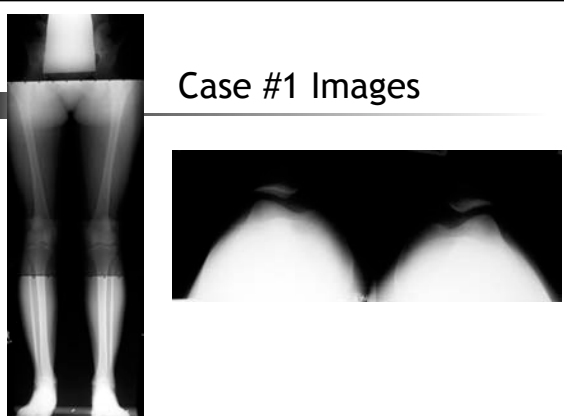


PF dislocations : treatment options


My Approach

- If they have clear predisposing Factors as outlined, conservative Rx will likely fail
- If they do not have significant predisposing factors they are likely to succeed with conservative Rx.

Case #1 Images



Case #1 Post Op #2



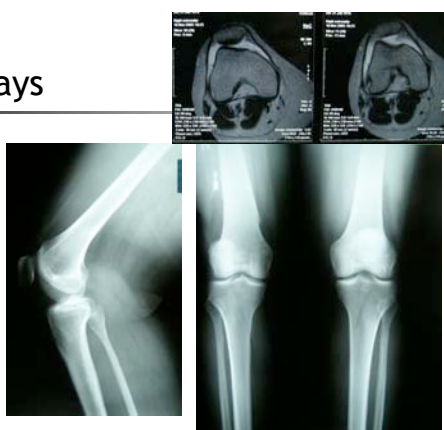
Case 4 : PF instability

- 27 yo female
- Long history of R knee PF instability
- 1 year of age : history of femoral osteomyelitis

exam



Xrays



Xrays



Case no 2

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PF Dislocation : treatment

- Depends on
 - Time of the season and athlete's desire
 - Presence or absence of osteochondral fragment
 - Underlying predisposing factors
- If no osteochondral fragment(s), no underlying factors, would **NOT** recommend surgery
 - Early rehab, PF sleeve, return to sports

■ Case no 2

- *Arthroscopy , debridement of chondral fragments*
- *PT, sleeve (brace)*
- *Returned to sports at 4 weeks (basketball)*
- *No problems for the season/*

- *2 years later returned with another dislocation (2 dislocations in 2 years)*

■ PF Dislocations: ■ Treatment

Summary

- Careful patient evaluation
- Anatomical predisposing factors will affect outcome
- In certain situations, depending on patient expectations, non operative Rx with rehabilitation will succeed

