Technique

Scope @ anteromedial portal = retractor

Needles / landmarks

Electraucutery @ inferolateral portal

Small hole at the upper part

Subcutaneous tissue inflating

(Cartilage flaps & LB resection)

3 patterns

Objective Instability

Potential Instability

Pseudo Instability (AKP)

LLR & Patellar Dislocation

Bigos & Mac Bride 1984 : 100% stable @ 1 year

Schonholz A Arthroscopy 1987 : 67% satisfied @ 4 years

but instability included and only 2/3 reviewed FU

Dandy & Griffith 1985 : 41 dislocations, 68% no recurrence

Aglietti CORR 1994 : 20 cases, 40% recurrence @ 8 years

Dandy & Desai Arthroscopy 1994 : no decrease with time @ 8 years

Panni & al Arthroscopy 2005 : @ 5 to 12 y 50% satisfied worse with time

Woods AJSM 2006 : 20 cases, prospective study @ 2 years

No recurrence

IKDC : 45 to 76pts

Subjective satisfactory results (53 to 86pts) ++, 1/20 poor

Christoforakis Knee Surg Sports Traum Arthro 2005 : Cadaver study

Converse effect / force to dislocate laterally

Decrease > LRR

Merican 2 & Rich 2006 : Medial and lateral stability decrease with LLR

Rate of recurrence unacceptable / detrimental injury & ADL

Age of population

Combined medial arthroscopic reconstruction

Chassaing J Trauma Sport 1992 : 29 cases arthroscopic suture - poorly

79% stable

Haspl Arthroscopy 2002 : Medial arthroscopic suture

Coons Arthroscopy 2006 : 53 cases with medial thermal shrinkage

86% stable @ 2 y

Ricchetti Arthroscopy 2007 : FU > 2y 14 studies

medial reconstruction + LRR > LRR alone (P<0.001)
LRR & Instability / AKP

**AKP & Cartilage**

- No influence
  - Christensen CORR 1986
- Chondral damages detrimental
  - Christensen Arthroscopy 1999
- Normal cartilage detrimental
  - Kellermeyer & SFA Ann SFA n°5 1996

**Correction of Tilt or Subluxation**

- Effective
  - Kellermeyer Acta Orthop Scand 1990
  - Kellermeyer & SFA Ann SFA n°5 1996
- Useless or pejorative
  - Kellermeyer Acta Orthop Scand 1990
  - Vaatainen Arch Phys med Rehab 1994

**Instability alone**

- Vaatainen Arch Phys med Rehab 1994: 42 cases @ 4 year not effective
  - Anatomical correction without clinical improvement

**AKP alone**

- Bigos & Mac Bride CORR 1984: 71% @ 1 year
- Lankenner AJSM 1986: 64,7% satisfactory
- Schultz Arthroscopy 1987: 15% @ 4 year
- Schulte Sportverlez Sportinfachjen 1996: 83% @ 3

**Comparative studies / symptoms**

- Christensen CORR 1986
  - AKP: 76% satisfactory results stable in time
  - Subluxation: results drop down from 76% to 30% @ 4 years
- Aglietti Arthroscopy 1989
  - AKP: 60% & Instability: 68%
- Kellermeyer & SFA Ann SFA n°5 1996 prospective study: satisfied
- Fabbriciani Arthroscopy 1992, 50 cases @ 3 year
  - AKP: 71% & Instability: 76%
- Pamp M Arthroscopy 2005: 100 cases from 5 to 12 years
  - AKP: 70% / (Instability: 50%)

**Conclusions**

- Merchant & Mercer CORR 1974
- Osborne & Fulford JBJS 1982

- CONTROVERSIAL

- Reasonable initial step to treat FP functional instability
  - Young patient with failure of medical treatment
  - Avoid shaving (drop down to 28% of satisfying results)
- Doesn’t burn any bridge

- Fithian & PF study group Arthroscopy 2004
  - LRR: 1 to 5 cases / year (experienced surgeons in FP)
  - Objective evidence (radiological or clinical)
  - Preoperative specific informed consent