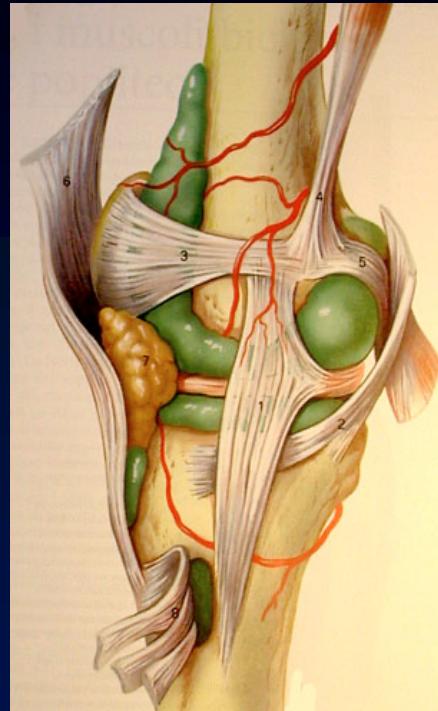




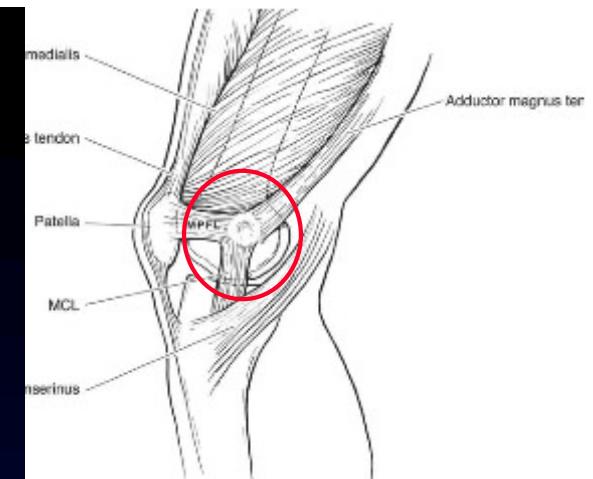
MPFL-R : how I do



François Kelberine, Jean Philippe Vivona

Aix en Provence

Anatomy MPFL

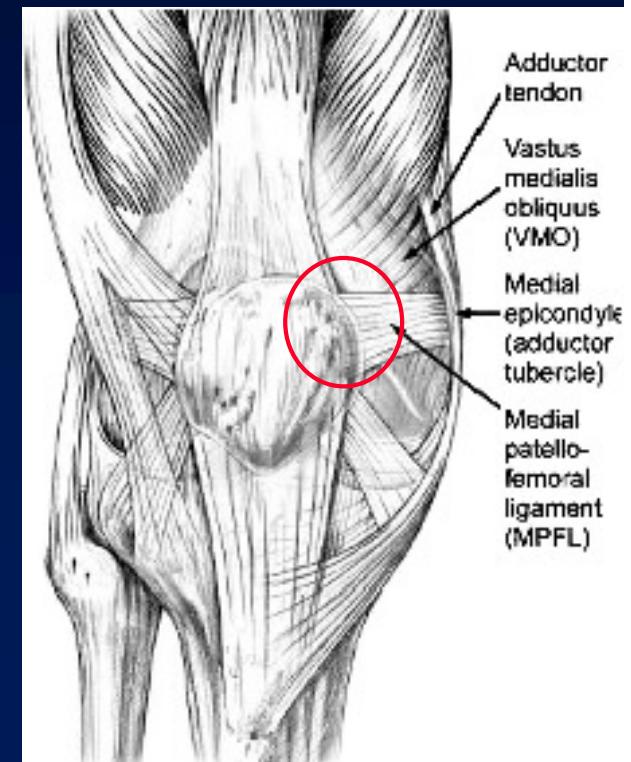


- ✓ From superior third of the patella to epicondyle (post inf to tubercle of adductus longus)

- ✓ Non isometric, slack > 40°

Smirk The Knee 2003

- ✓ Primary checkrein to lateral displacement of the patella

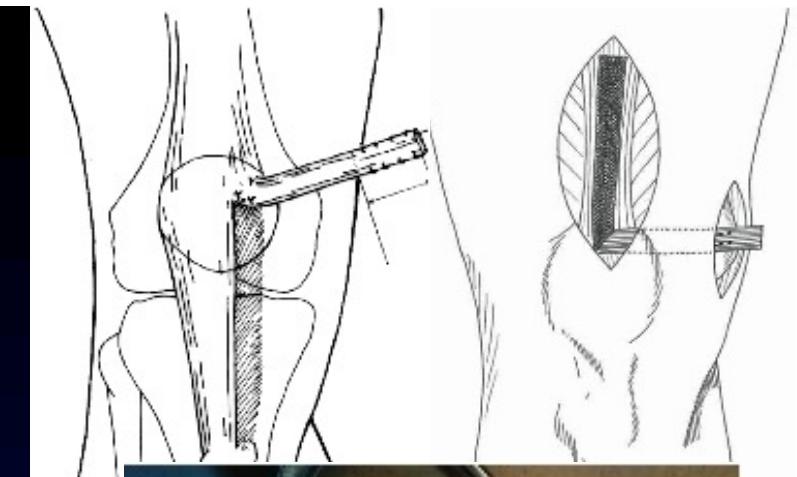


Reconstruction Techniques

Ellera Gomes Arthroscopy 1992 & 2004

✓ Shrinkage

Coons Arthroscopy 2006



✓ Quad tendon or patellar tendon

✓ Free or Flip



✓ Gracilis : ≠ tunnels in patella, double, docking,...

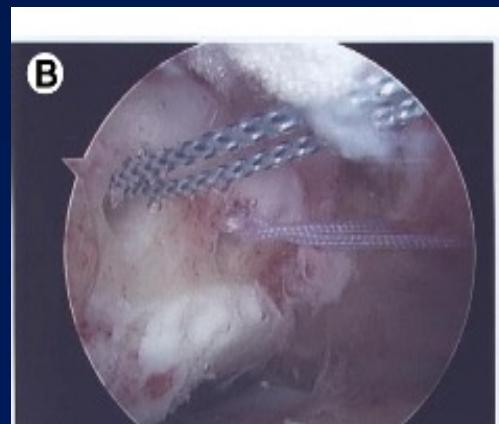
Fithian Technn Knee Surg 2006

Dobbs Technn Knee Surg 2006

Boselli Technn Knee Surg 2006

✓ Arthroscopic plication

Dodson Op tech Sport Med 2009

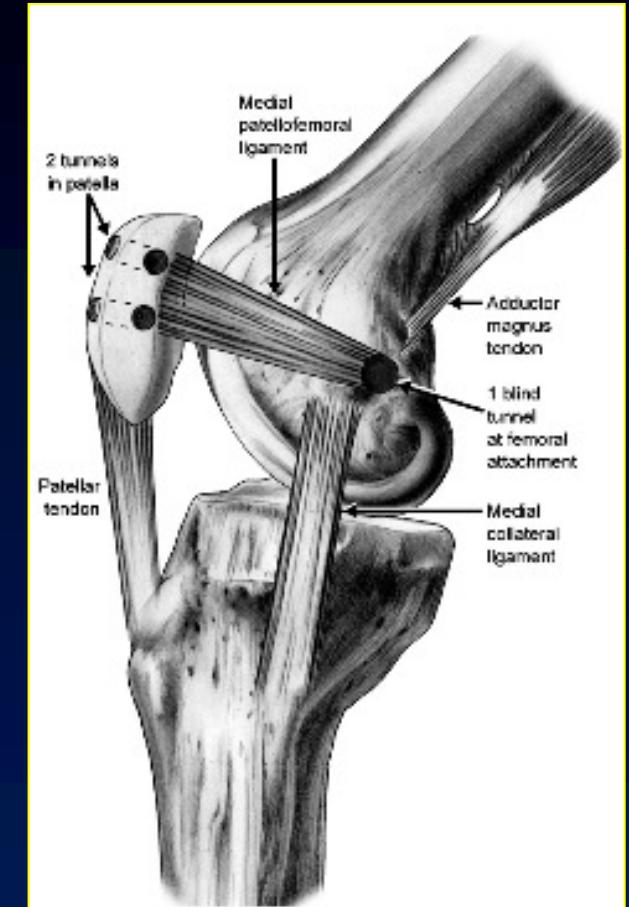


My preferred reconstruction

Legrand Sport Med Arthrosc Rev 2007

Gracilis autograft

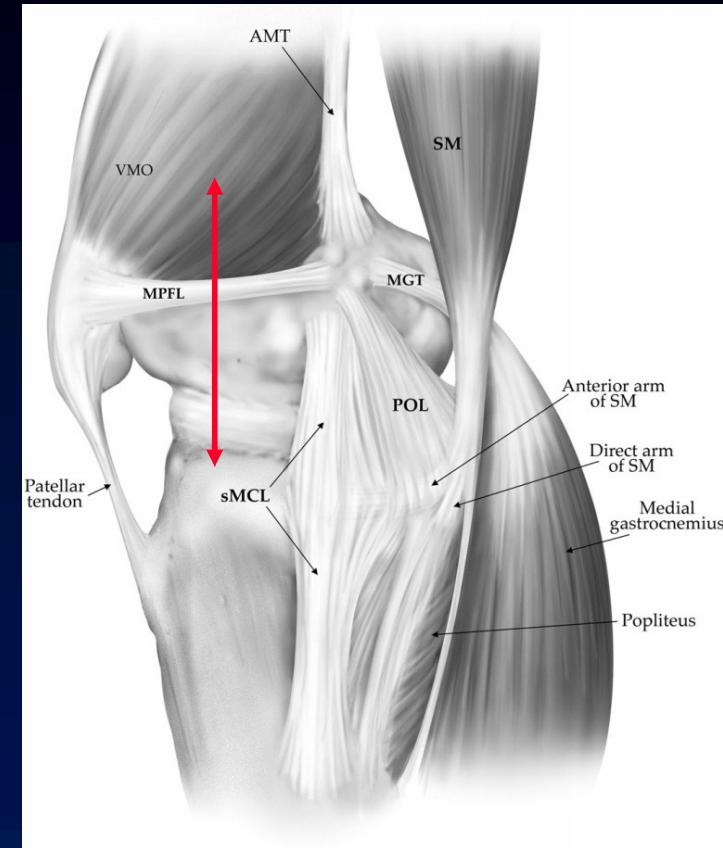
Pulled out sutures



Approach

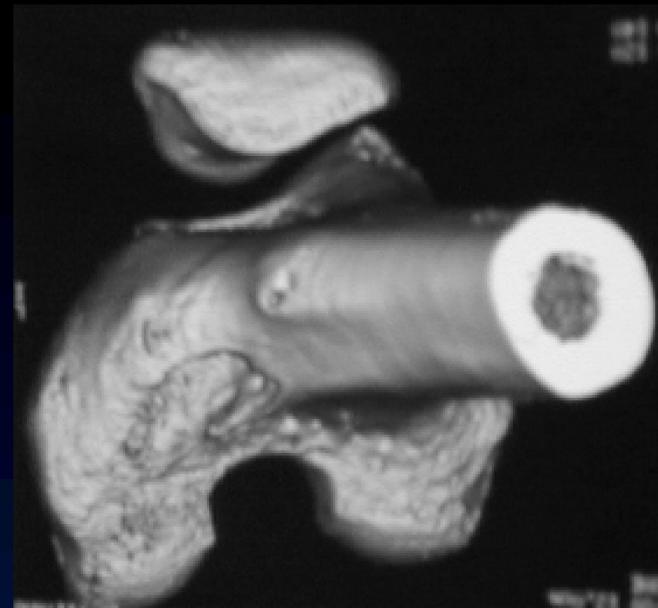
- ✓ One vertical incision
Mobile window

- ✓ Long enough for palpation
 - ✓ Superomedial pole of patella
 - ✓ Medial epicondyle & MCL
 - ✓ MAT & its tubercle
 - ✓ Groove in between



Patellar site

✓ Clean the supero medial pole of patella extra articular



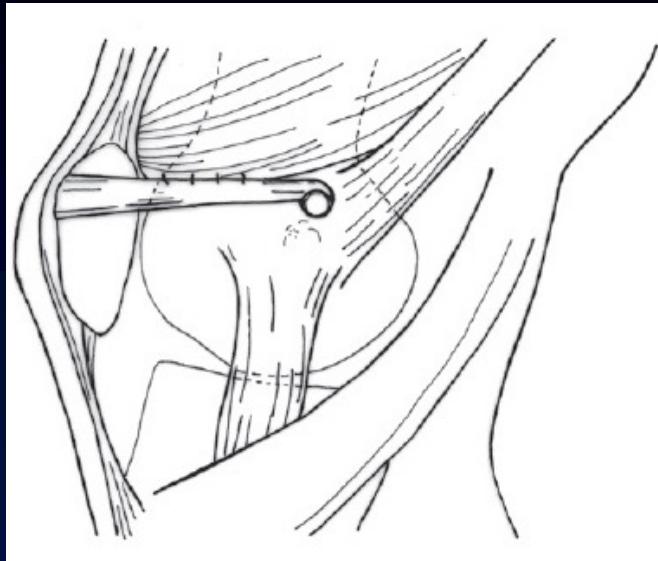
✓ Convergent tunnels Ø 4,5mm between sup and medial edges

✓ Bone bridge ++

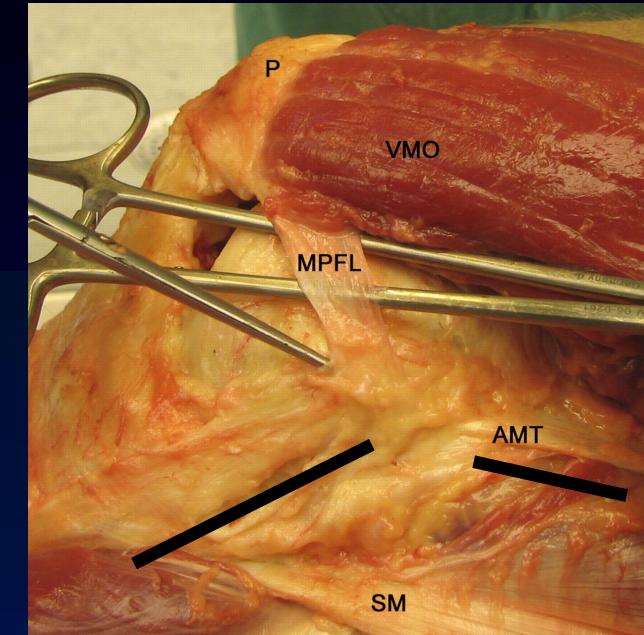
✓ Pass the graft through it



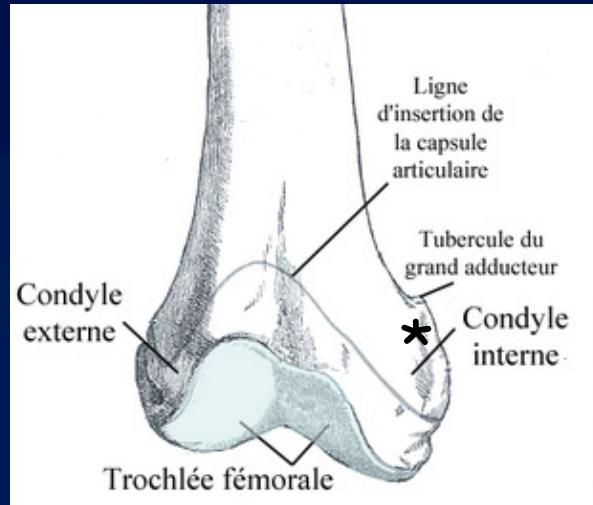
Femoral insertion site



Post sup / Sup MCL

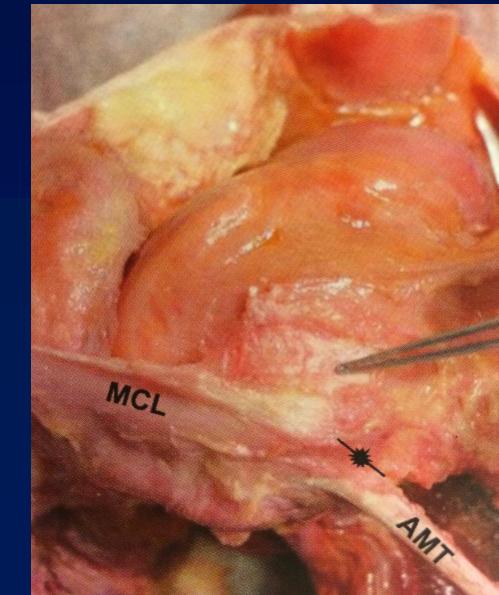


Ant Inf / AMT



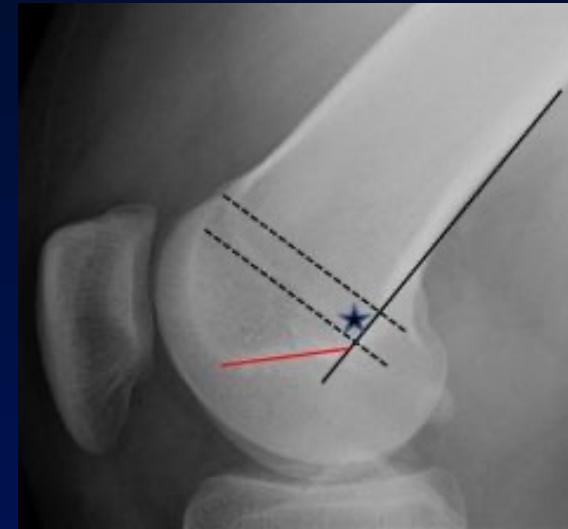
PALPABLE GROOVE

I do it three times



X-ray recommended?

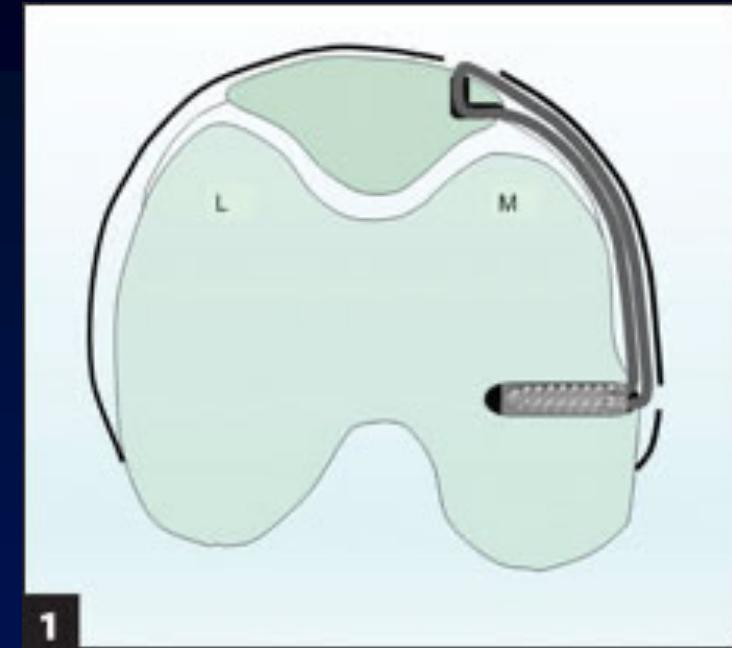
I don't use it anymore



Graft passage

✓ Suture both extremities together

✓ Sizing



✓ Pass the graft under the remnants

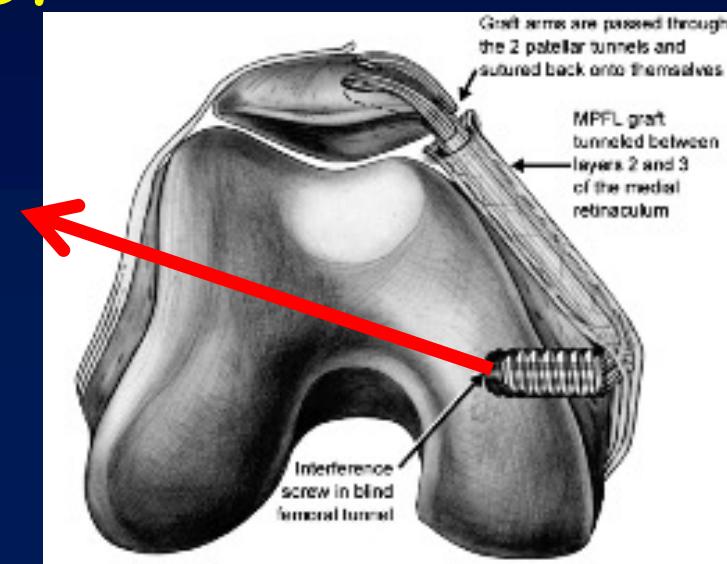
✓ Blunt dissection

Femoral tunnel

- ✓ Direction of transcondylar pin
 - ✓ Over the notch
 - ✓ Slightly anteriorly oriented



- ✓ 6-7 mm Ø long blind socket



Fixation

- ✓ Pull the graft within the tunnel
- ✓ Fix it
- ✓ With absorbable interference screw

- ✓ @ 20° flexion
- ✓ Patella centered
- ✓ No tension no slack (2kg)
- ✓ Not pure isometric ligt



Stephen & Amis Am J sport Med 2015

- ✓ Avoid excessive tension

- ✓ Friendly user
- ✓ Reproducible
- ✓ Think anatomy rather than tricks

