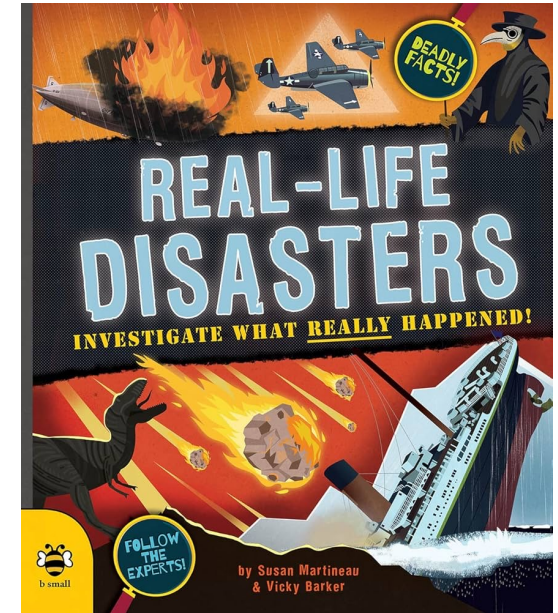


My worst cases, and how I managed them

David A Parker FRACS

Advanced Course on Knee Surgery

Val D'Iserre 2025



Declaration of Interest

The author has the following disclosures:

- editorial board of: *AJSM, JISAKOS, AP-SMART Journal, OJSM*
- hold shares in: *Personalised Surgery, Ganymed Robotics*
- received royalties from: *Smith & Nephew*
- done consulting work for: *Smith & Nephew*
- given paid presentations for: *Arthrex, Smith & Nephew*
- received institutional support from: *Smith & Nephew, Zimmer, Corin, Arthrex*

Thank you for a wonderful meeting!



Case 1

David Parker

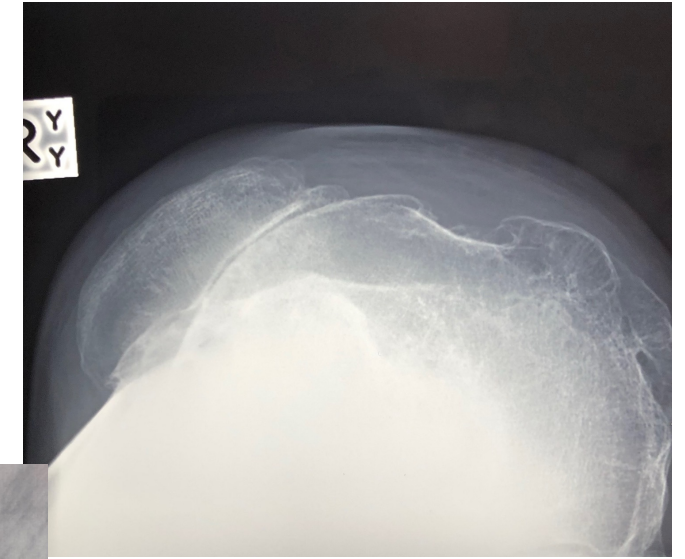
46yo Female

- Public Servant
- Otherwise healthy
 - History of neuroendocrine tumours
- Bilateral patellofemoral instability since teenage years
- Right knee arthroscopy 20 years earlier
 - Nil other surgery
- Constant pain
- Stiffness
- Instability

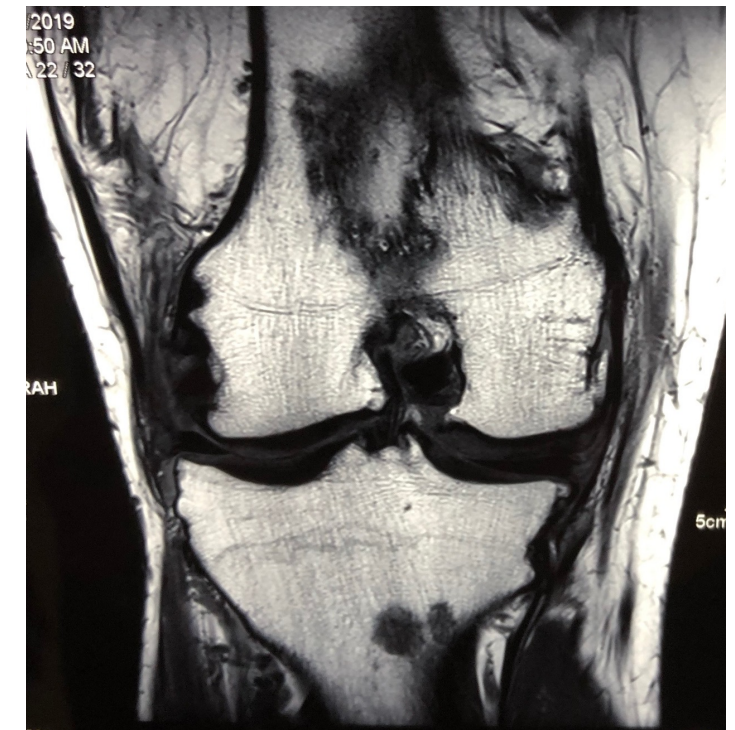
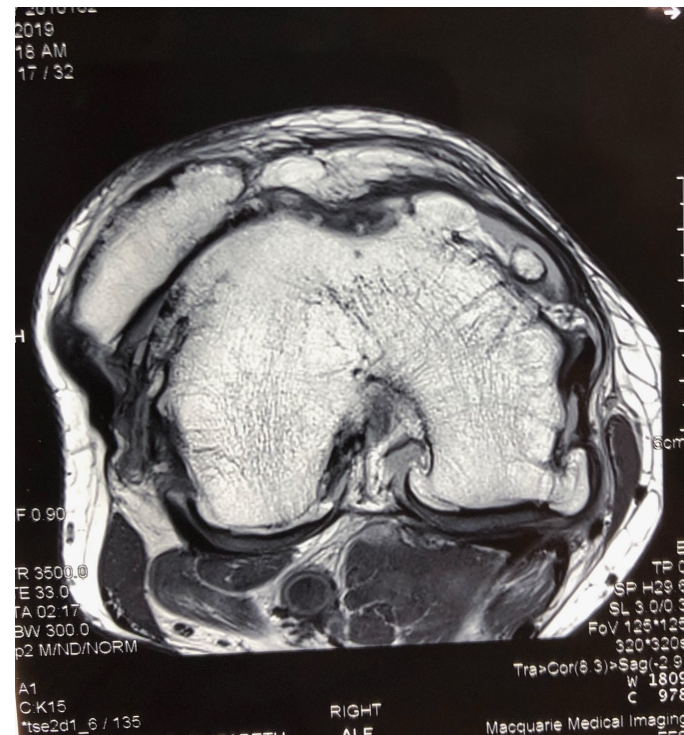
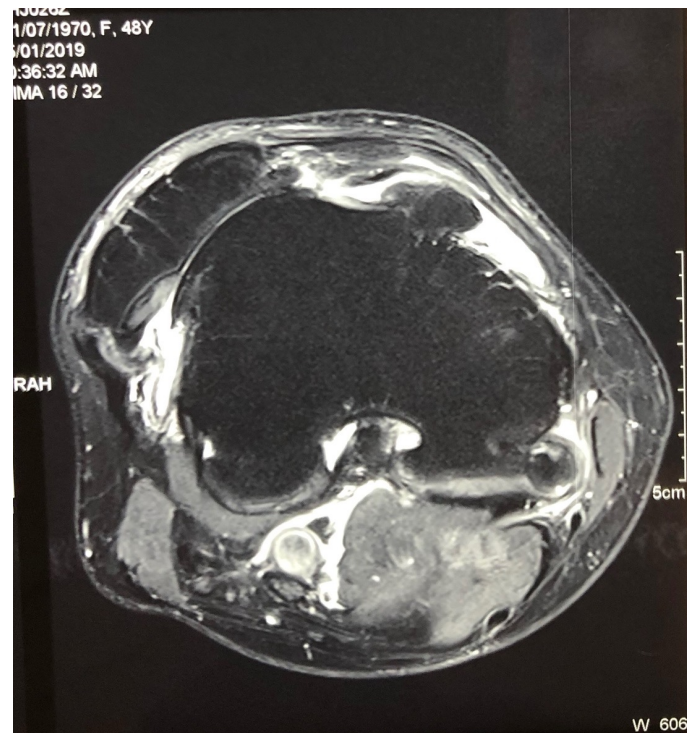
Physical examination

- Healthy
- Normal alignment
- Stiff getting up → normal gait
- 5 – 125°
- Patella tracking
 - Laterally subluxed in full extension → dislocates in flexion

Physical examination / Imaging



MRI



Surgery: Start with the left knee

- Diagnostic Scope → no loose fragments / tibiofemoral ok
- Lateral Arthrotomy
- TTO (Trillat) – 1cm medial
- Patellofemoral Arthroplasty (Zimmer GS)
- Quadsplasty

→ Patella tracking ok → left the OR happy.....

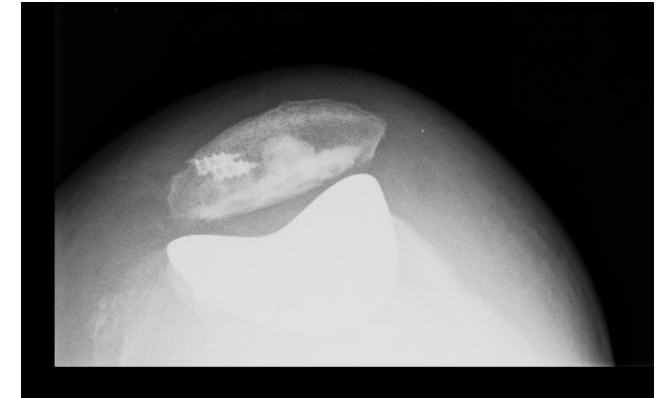
Postop progress

- Brace 0 – 30° initially → progress to 90° over 6 weeks
- Good initial progress
- 6 week review
 - Walking normally
 - No extensor lag
 - 0 – 80°
 - Beyond 70° - ? Patella subluxing laterally
- 10 week review
 - Recurrent patella subluxation in flexion



Back to the Operating Room...

- Revision Surgery
 - More extensive quadsplasty
 - V-Y Lengthening
 - MPFL Reconstruction (ST)
 - MPTL Reconstruction (G)
- Slow rehab
- Good outcome



The next year we did the right knee

- Quadricepsplasty
 - Extensive but not V-Y
- TTO Trillat
 - Shifted Proximally 10mm and medially 15mm
 - Fluoroscopy to assess patellar height
- MPFL reconstruction with ST
 - After TTO fixation
- VMO Advancement

→ Good recovery (only one operation!)

How is she now? (7 years)

“She is incredible - has had two hips since and even runs occ now which she had not done since a teenager”



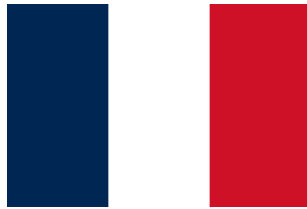
What did I learn?

- I appreciated the quads shortening
 - But not how significant it was
 - Needed more extensive quads release and proximalising of TT
 - Intraoperative assessment once patella reduced
 - Fluoroscopy to assess patellar height → adjust tubercle position
 - Aim for more flexion intraoperatively
- The need for augmentation medially (MPFL)

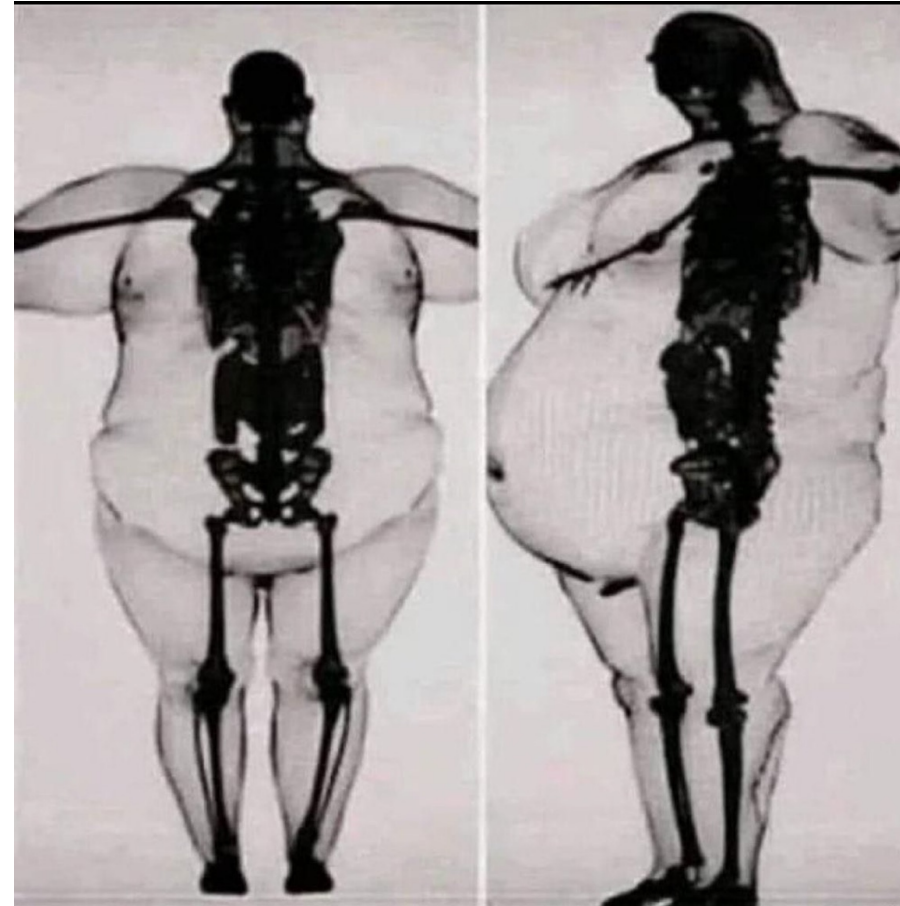
Case 2

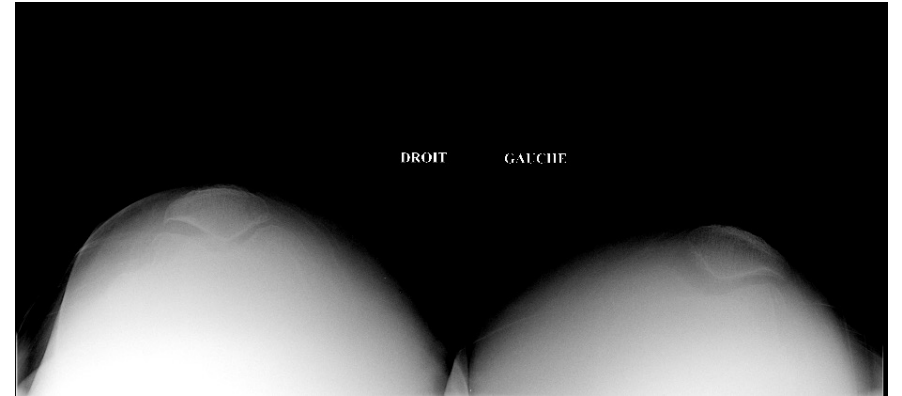
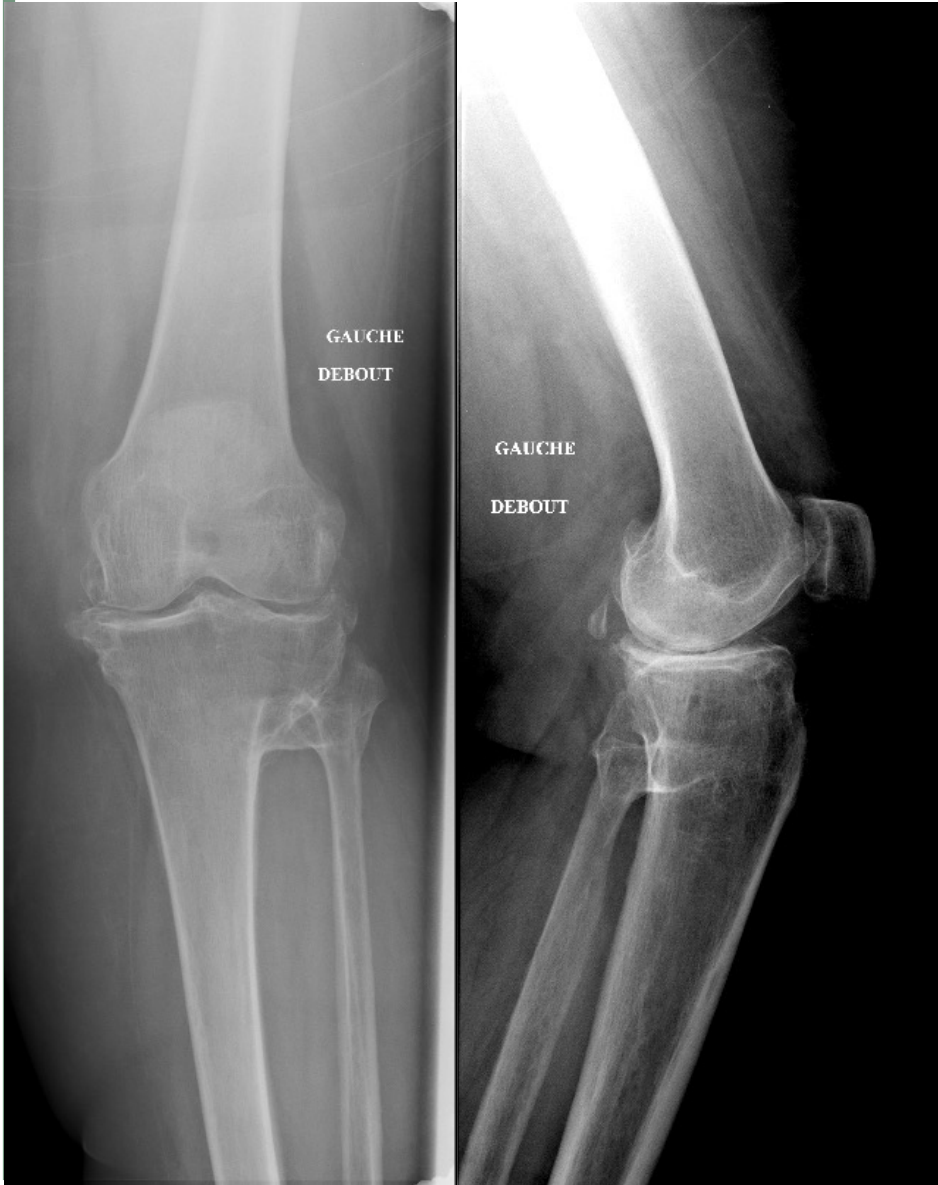
Disaster Triumph (?)

Sebastien Lustig



- Female
- 68yo
- 155cm / 110kg = BMI 46
- Left Knee
- CW HTO 12 years ago



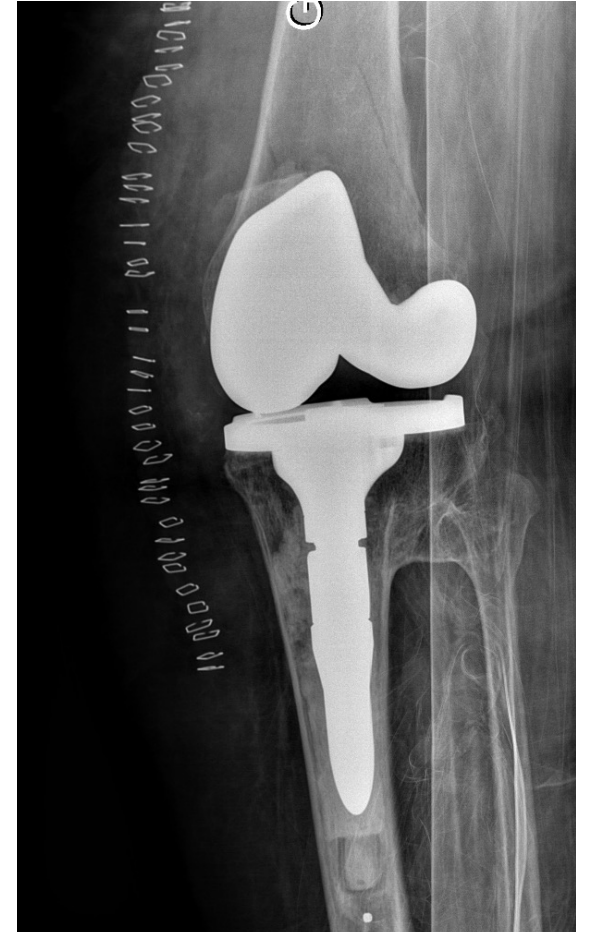


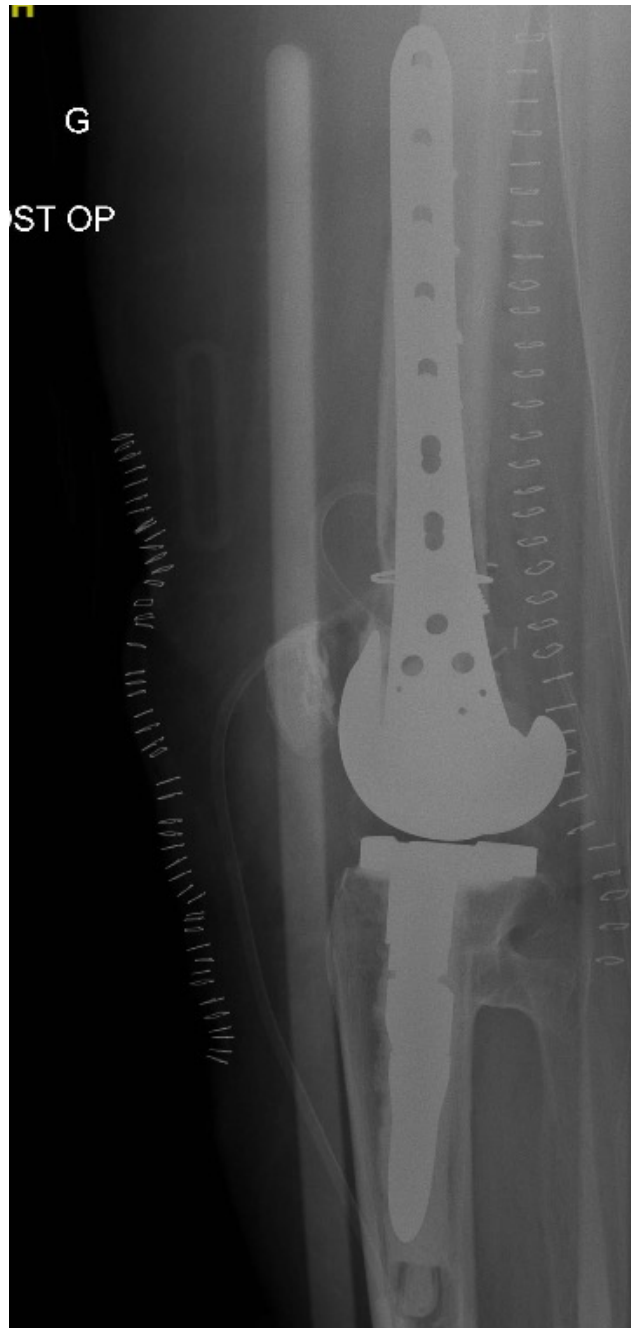
March 2018

Triathlon PS
F1 T1



April 2018





April 2018



24 April 2018



Not the end



June 2019

- TTO
- SAE
- VMO



August 2019

Ex Mech disruption
Fem loosening
« Spin Out ! »



Sept 2019

- Revision femoral component
- Allograft Ext Mech



23/11/2022

- 3 year follow up
- Not that bad....



Lessons Learned

- Don't operate on superobese
- Avoid notching with PS TKA
- ORIF should be done properly
- Distal femur has high risk of patella complication and loosening
- Never give up....Keep smiling!

Case 3

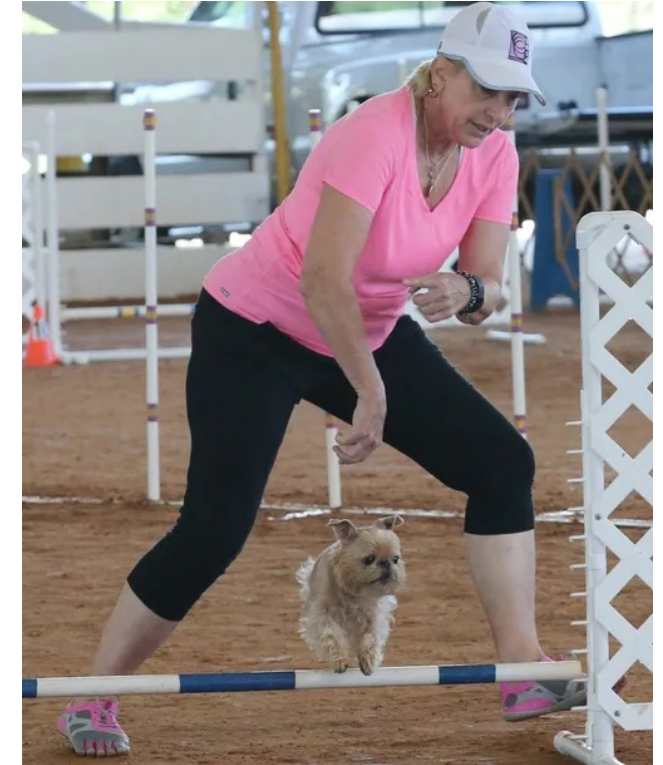
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70yo Female

- TKR for OA 18 months earlier (elsewhere)
 - Medial Pivot (cemented + patella)
- Struggled to regain ROM
- Arthroscopy and MUA 3 months postop
 - Apparently achieved 125°
- Repeat MUA 1 month later
 - Apparently achieved 130°
- Physio+++
- ROM plateaued at 9 months
- Apparently good preop ROM

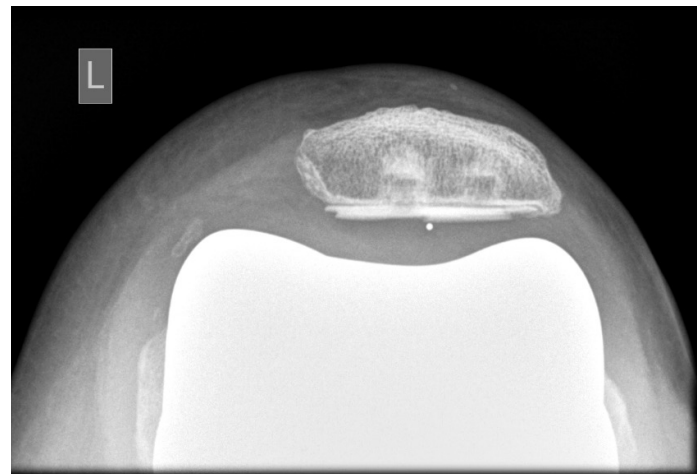
Presentation to me at 18 months postop

- Main complaint stiffness limiting activities
 - Stairs, Chair etc
- Minimal pain
- Otherwise healthy
- Wants to ski, golf, dog agility
- Examination
 - Neutral Alignment
 - Minimal swelling / warmth
 - 5 – 75°
 - Gait OK



Investigations

- Plain Xrays
- CT – rotational profile satisfactory
- Bloods normal

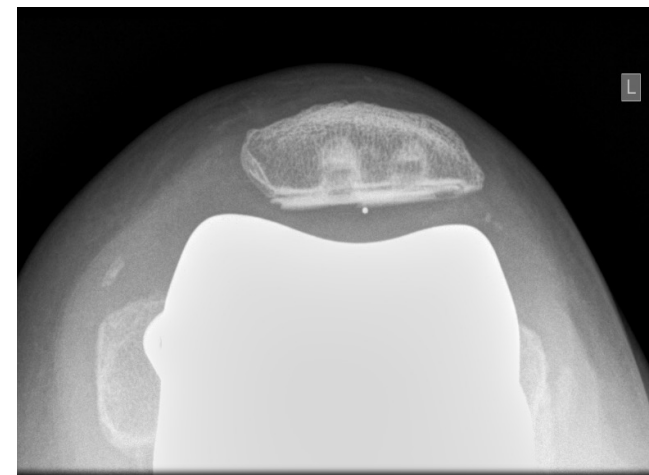


Revision surgery

- Revision to PS
 - Robotic assisted
 - Arthrolysis
 - Rectus snip
 - Femur downsized
- Intraoperative Fracture MFC
 - Plate fixation
 - Implant
- Postop
 - no restriction ROM
 - Protected weight bearing
- 6 Months Postop
 - Fracture healed
 - 0 – 115°
 - Golf 3 times / week
 - Still talks about the fracture...



Imaging (6 months)



What did I learn?

- Be patient & gentle
- Use the right instruments!
- Appreciate the risks
 - Bone loss
 - Female
 - Small size
- Every problem has a solution...



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2025



MUNICH
GERMANY

June 8-11

WELCOME

See you in Munich!

2025

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