

## HIGH BMI CAUSING NON-TRAUMATIC PATELLA CHONDRAL LESION

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**Introduction:** Patella chondral lesions are a very common cause of knee pain and is usually related to trauma and sports injury. It usually occurs in young athletic individuals and elderly with knee arthritis. We report a case of patella facet chondral lesion in a young obese non athletic lady with no traumatic injury.

**Discussion:** A healthy obese 20 years old lady with body mass index (BMI) of 31.6, suffers from a sudden crack sound during walking with no traumatic incident. Patient then sustained pain and swelling of the knee with International Knee Documentation Committee (IKDC) score of 52%. Local examination shows limited knee range of motion 15 to 90 degrees, and tenderness along the medial joint line. Diagnostic and therapeutic arthroscopy of the knee was done and noted chondral defect 1.5x1.5cm of the medial facet of the patella. Microfracture was done and the floating fragment was removed. Other ligaments and meniscus are intact. Follow up at 3 months shows significant improvement of knee function with IKDC score of 81%.

**Conclusion:** High BMI and knee pain has a common correlation in an elderly demographic especially in knee osteoarthritis (OA). Based on our literature review, most of the study states that the correlation of BMI and knee osteochondral injury is insignificant in young, less than 40 years old patients. From this case we can learn that even at a young age, high BMI itself may cause patella chondral lesion without knee trauma or injury.