

Chronic Habitual Bilateral Patella Dislocation : A Rare Case Report

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INTRODUCTION:

Habitual bilateral patella dislocation is extremely rare and only 1 case has been reported in an animal study in 1985. Here we present a rare case of chronic habitual bilateral patella dislocation.

REPORT:

A 21-year-old Malay gentleman presented with complaints of bilateral knee pain for 5 years. Symptoms started when patient had a fall at 8 years of age. Post trauma, he sustained left knee pain and patella dislocation. Subsequently, the right patella started to dislocate at age 11. Initially, both patellae reduced spontaneously. However, in the last 6 years, manual reduction was required. Recently, the dislocation has become more frequent, associated with frequent falls due to the dislocation.

On examination, patient had normal gait. Noted valgus deformity, knee recurvatum and inverted J sign bilaterally. No obvious muscle wasting or swelling. On palpation, no patella facet tenderness and patella grinding test negative. Range of motion of bilateral knee is -5 until 140 degrees. During extension of bilateral knees from flexion, the patella dislocated laterally. However, patient was able to manually reduce the patellae. Both patellae were hypermobile laterally with 3 quadrants of patella translation. Femoral anteversion and tibial torsion were found to be normal. The ACL, PCL, MCL, LCL ligaments were intact. Beighton score was 2.

Plain radiographs of bilateral knees show bilateral patella dislocation with varus angulation of tibia. Plain CT of bilateral knees revealed that the patient has an Insall-Salvati ratio of 0.9 with bilateral supracondylar femur spur.

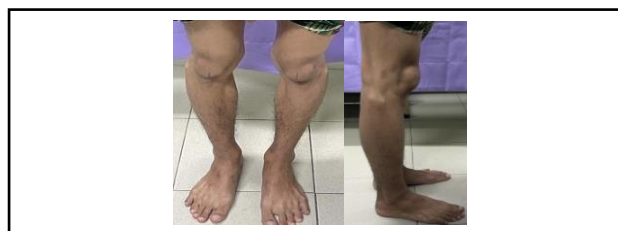


Figure 1: Clinical image showing varus deformity and recurvatum



Figure 2: Radiograph showing bilateral patella dislocation with varus deformity

CONCLUSION:

There is very limited literature regarding habitual bilateral patella dislocation. Complications of conservative treatment include recurrent dislocation and early osteoarthritis. It is imperative to rule out underlying conditions causing this disease so that proper treatment can be offered.

REFERENCES:

1. Keller, G. L., & Kramer, L. (1985). Bilateral Patellar Dislocation in a Gelada Baboon. *The Journal of Zoo Animal Medicine*, 16(2), 55–58.