

Case Report: A Rare Case Of Right Quadriceps Tendon Rupture With Left Patella Tendon Rupture

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INTRODUCTION:

Patella tendon is one of the most commonest injured tendon. However patella tendon rupture together with quadriceps tendon is one of the rare condition. Commonest zone for quadriceps tendon rupture are at musculotendinous junction while most commonest injured zone for patella tendon are at zone 3 fibrocartilaginous. Patella tendon rupture at zone 4 mineralised fibrocartilagenous are very rare. It is commonly associated with underlying comorbidities such as systemic lupus erythematosus, chronic kidney disease or steroid use (1) We are reporting a rare case of right quadriceps tendon rupture and left patella tendon rupture at the mineralised fibrocartilagenous zone.

REPORT:

Mr C is a 34 years old gentleman with underlying end stage renal failure, presented with history of bilateral knee pain post injury while playing basketball. Patient was trying to jump and having pain while jumping and landing associated with twisted knee and "pop sound was heard" Patient claimed unable to ambulate post injury and having difficulty in extending bilateral knee. Bilateral Knee plain radiograph reported to have left patella Alta. Patient claim pain does not resolve despite optimisation of analgesia. Bedside ultrasound scan was done noted left patella tendon total avulsion with right

quadriceps tendon > 80 % avulsed. Both tendon rupture at the As evidence by ultrasound findings that periosteum are seen at the rupture site

Intraoperatively, right quadriceps tendon are seen to have avulsion about 80 % with the partial attachment at periphery region. Left patella tendon are found to be totally torn.

Hence both are repair with anchor suture via Krakow method. Patient was then undergone rehabilitation program with control knee brace. Post Operatively 1 month, patient able to ambulate with walking frame.

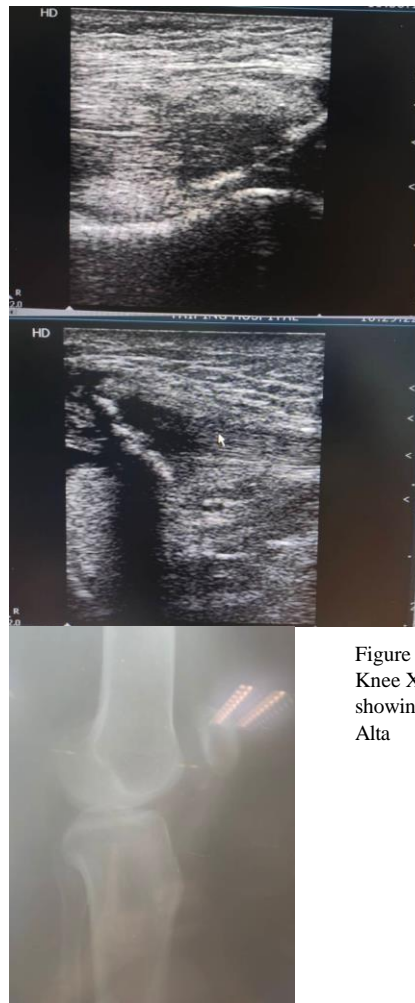


Figure A :
Quadriceps tendon
rupture with
periosteum visible

Figure B : Patella
tendon rupture with
periosteum visible (Left
Knee)

Figure C : Left
Knee X ray
showing patella
Alta

Discussion:

The extensor mechanism consists of the quadriceps muscles and their tendon, the patella, and patellar tendon which attaches to the tibial tuberosity. Rupture of the patellar or quadriceps tendon or a fracture of the patella itself can disrupt the extensor mechanism (1). Surgical repair of patella and quadriceps tendon remain the gold standard of treatment.

REFERENCE:

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