

Spontaneous and Simultaneous Complete Bilateral Quadriceps Tendon Rupture in a Patient with End Stage Renal Failure.

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INTRODUCTION:

Spontaneous quadriceps tendon rupture is a rare condition that are usually linked to an underlying systemic disease. Diagnosis had to be promptly made to establish early intervention.

REPORT:

A 44 year old Malay male with underlying end stage renal failure diagnosed since 2018 and was on regular hemodialysis presented with sudden onset of pain over bilateral knee region following a trivial fall. Pt landed on his back with knee flexed, rendering him unable to stand and weight bear. There was palpable gap in the suprapatellar region with bilateral loss of knee extension. Xray of bilateral knees shows patella baja. Subsequently ultrasound was done and the results shows discontinuity of quadriceps tendon at the insertion site with loss of linear. Following a confirmed diagnosis of bilateral quadriceps tendon rupture, a primary bilateral tendon repair procedure was carried out This involved debridement of the distal stump which exhibited signs of degeneration. This patient underwent transosseous suture technique which involves making 3 holes in the patella, passing Ethibond suture through the bone tunnel and suturing the tendon using Krackow suturing method. Intraoperatively also, a tension relieving wire was inserted bilaterally to further stabilize the repair. Post surgery pt was advised not for weight bearing for 6 weeks and was placed on comprehensive rehabilitation. At his recent follow up, he was able to stand up and ambulate albeit with a walking frame.



Figure 1: Bilateral knee radiograph



Figure 2: Repair done using the transosseous suture

CONCLUSION:

In conclusion, given the rare occurrence of these injuries, early diagnosis can present a challenge. The goal of the treating physician should be early diagnosis and primary repair to achieve excellent outcome compared to delayed repair.

REFERENCES:

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