

Acute Patellar Tendon Rupture after Trivial Injury

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INTRODUCTION:

Patellar tendon rupture is a rare injury and usually associated with systemic chronic diseases such as end stage renal failure (ESRF). Early surgical intervention is vital for a better outcome.

REPORT:

A 24-year-old gentleman with ESRF and hypertension had unstable gait and fall in kneeling position. On examination, he can't extend bilateral knee joint. X-ray (Figure 1) showed right patellar transverse fracture and patella alta over left knee. Left patellar tendon rupture was confirmed by magnetic resonance imaging.

He underwent patellar tendon repair surgery on his left knee and intraoperative finding noted complete avulsion of left patellar tendon from inferior pole of patellar with horizontal tear over medial and lateral retinaculum. Patella tendon repair is done with two knotless anchor sutures. Non-displaced right patellar fracture is treated conservatively.

Post operation patient is put on bilateral cylinder cast for 6 weeks. Subsequently, he is on rehabilitation, and he can extend both knee with no extension lag. Left knee is put on knee brace with range of motion 0 to 30 degree.

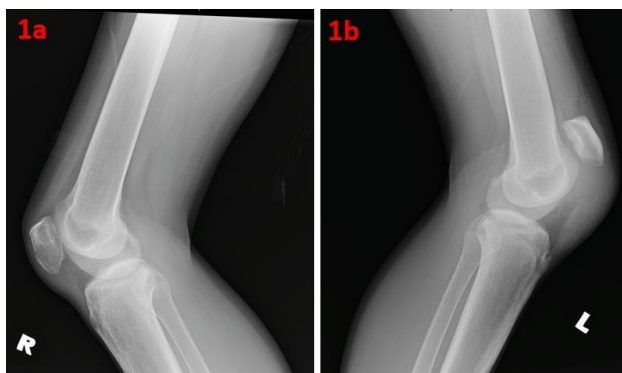


Figure 1: Preoperative right knee radiograph (1a) and left knee radiograph (1b)



Figure 2: Intraoperative photo post-repaired

Patellar tendon rupture can occur spontaneously or result from a direct force to the tendon. ESRF in our patient causes weakening patella tendon which predisposing to rupture after trivial injury. A reasonably stable repair without compromising the blood supply to tendon for good healing is the challenge. A careful dissection exposing just enough for patellar tendon repair preserves paratenon.

Knotless anchor suture for suturing is minimally invasive, shorter surgical time, better biomechanical results with no need drill tunnel, faster recovery as compared to classic transosseous suture. Each site anchor suture was adhered to a maximum of 5 loops (Figure 2) to reduce risk of tendon strangulation.

CONCLUSION:

Early surgical intervention in the management of patella tendon rupture is crucial for better outcome and yield good recovery knee function

REFERENCES:

1. Ilahiane M et al. Acute Patella Tendon Rupture: A Case Report. Ortho & Rheum Open Access J 2018; 13(2): 555858