

Terengganu Experience In Treating Patella Dislocation With Medial Patellofemoral Ligament Reconstruction: A Case Report

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INTRODUCTION:

Medial patellofemoral ligament (MPFL) is one of the major static medial stabilising structures of the patella and often damaged in patients with patellar dislocation. Reconstruction of MPFL is becoming a common surgical procedure in treating patellar dislocation. We reported a case of recurrent patella dislocation treated with medial patellofemoral ligament (MPFL) reconstruction

CASE REPORT:

A 12-year-old girl was referred for left knee pain for the past 2 years. Condition worsening since 2 month where patient feel the very unstable knee. No history of operation done before. Clinical examination revealed positive apprehension test left knee and easily dislocatable knee upon flexion. MRI shower lateral subluxation of left patella with mild VMO injury.



Figure 1: figure show loop of graft was drilled on the medial edge patella before tightened with SwivelLock screw.

Patient underwent MPFL reconstruction using semitendinosus graft. The graft drilled to medial aspect of patella bone with 1.5mm distance and tightened with screw. On the medial side, the free ends of the tendon were passed between the fascia and capsule to the femoral drill hole. At 3 month post operation patient able to flex knee till 110 degree without any dislocation and pain.

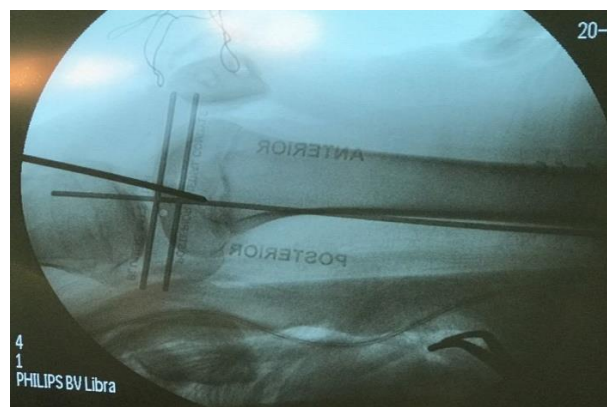


Figure 2: intraoperative femoral drilled hole

DISCUSSION:

Patellar dislocation is the complete displacement of the patella from the trochlear groove of the femur. It nearly always involves a lateral displacement and commonly occurs during sports¹. Recurrent rate for 1st time patella dislocation treated non operative were about 50%. The medial patellofemoral ligament (MPFL) is the primary soft tissue restraint to lateral dislocation of the patella, and a recent biomechanical study has shown that it must tear if the patella dislocates laterally². The common operative method for patella dislocation include lateral release, trochleoplasty, and proximal or distal realignment procedures. Medial patellofemoral ligament reconstruction has recently been established as the golden standard for operative treatment of recurrent patella instability².

CONCLUSION:

MPFL reconstruction is one of common operative procedure for recurrent patella dislocation and produce good result

REFERENCES:

1. Nicola D. Mackay, Nicholas A. Smith, Nick Parsons, Tim Spalding, Peter Thompson, Medial Patellofemoral Ligament Reconstruction for Patellar Dislocation A Systematic Review
2. Martin Lind, Ditte Enderlein, Torsten Nielsen (2016) Clinical outcome after reconstruction of the medial patellofemoral ligament in paediatric patients with recurrent patella instability. *Knee Surg Sports Traumatol Arthrosc* (2016) 24:666–67