

## Cross Suturing Technique For Osteochondral Defect

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### INTRODUCTION:

Transient patella subluxation or dislocation comprise of 2% of the knee problem. Osteochondrol injury in patella dislocation is as high as 95% and it could happen in traumatic contact or noncontract twitching injury.

### CASE REPORT:

This is an 18 year old college student's experience sudden onset of anterior knee pain during dancing practice. Examination revealed of her right knee appeared flexed position and swollen, tender over the medial side of patella. MRI showed osteochondrol injury over the medial patella facet and medial retinaculum and Medial patellofemoral ligament (MPFL) tear. Patient undergoes diagnostic arthroscopic and MPFL reconstruction and osteochondrol defect repair. Intra-operation, we noted patient had osteochondrol defect and it was repair with 4 loop suturing technique. We reconstructed the medial patella femoral ligament with soft tissue loop and manage to maintain the patella stability during flexion.

### DISCUSSIONS:

With compare to hardware fixation, we are using cross suturing technique, we using 4 loops to hold it and it's able to hold it securely and tightly. MPFL is one of the main dynamic stabilizers of the patella in first 20 degree flexion of the knee joint. Soft tissue loop type of fixation able to mimic the original kind of MPFL

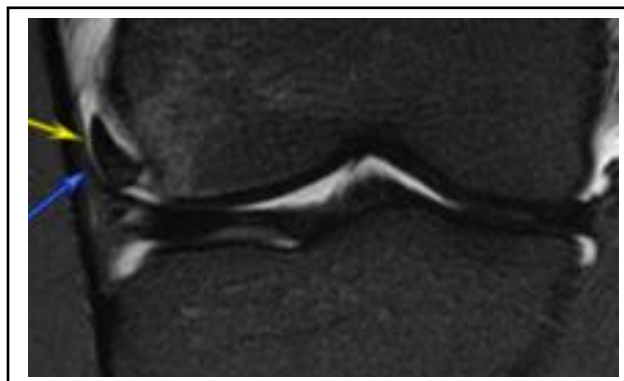


Figure 1: showed MRI image with 2 x 1cm fragment located at the lateral condyle of femur

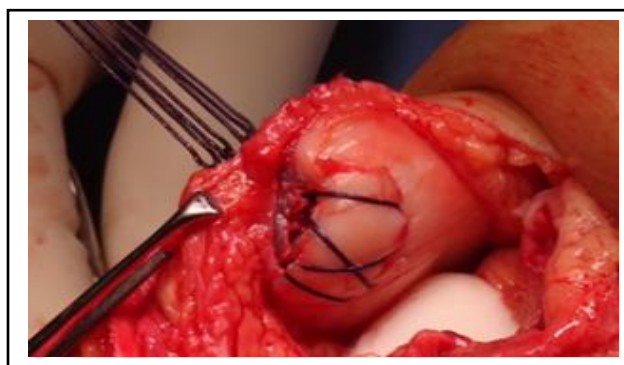


Figure 2: Showed 4 loops crossing suturing technique in fixing osteochondral defect.

### CONCLUSION:

With the new surgical technique of treating MPFL and osteochondrol injury could give rise to an option in future to treat those problem related to patellar.

### REFERENCES:

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2. Ng, W. M., Al-Fayyadh, M. Z. M., Kho, J., Hui, T. S., & Ali, M. R. B. M. (2017). Crossing Suture Technique for the Osteochondral Fractures Repair of Patella. *Arthroscopy Techniques*.