

Outcomes Of Patella Realignment Surgery In Seremban. A Case Series.

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INTRODUCTION:

The purpose of this case series was to report the early outcomes following patellar realignment surgery performed for patellar instability in Hospital Tuanku Ja'afar, Seremban.

METHODS:

The study cohort consisted of 3 patients (3 knees) who had patella realignment surgery between March 2017 and April 2018, by a single surgeon, with a minimum of 4 months follow-up. All cases had presented with anterior knee pain unresponsive to rehabilitation (with or without a history of frank dislocation/subluxation). 2 knees underwent medial patella femoral ligament (MPFL) reconstruction using semi-tendinosus autograft and we performed a Fulkerson's osteotomy on one knee. All patients underwent a regimented post-operative rehabilitation protocol supervised by both the operating surgeon and sports physicians.

RESULTS:

The mean patient age was 43.1 year (range 38 – 47). At a mean follow-up of 9 months, the average Lysholm score was 80.3 and the mean International Knee Documentation Committee (IKDC) score was 70.9. The mean Tegner activity level was 4.6. All patients reported improvement in knee function and pain. Postoperatively, none of the patients had recurrent dislocation/subluxation episodes and none required additional surgery.

DISCUSSIONS:

There were no significant differences in outcomes between the group undergoing

MPFL reconstruction and Fulkerson's osteotomy. We did note that duration of symptoms pre-operatively (more than 6 months) gave rise to significantly lower outcome scores compared to the patient who had symptoms less than six months. Furthermore, the group with duration of postoperation physiotherapy and exercises more than 6 months achieved higher outcome score compared to the patient who underwent postoperation physiotherapy and exercises less than 6 months.

CONCLUSIONS:

At a mean of 9 months after patella realignment surgery performed in Hospital Tuanku Ja'afar Seremban, all patients reported improvement in knee function and pain without experiencing recurrent patellar dislocation/subluxation episodes. This study shows that early surgical intervention potentially improves knee functional outcome.

REFERENCES:

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