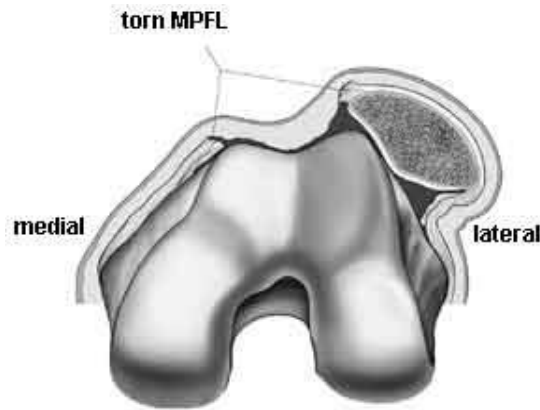




Patellar Dislocation

What causes it?

The patella can slip out of its normal groove usually due to trauma but sometimes even with minimal activity (like twisting the knee). Some people are predisposed to patellar dislocations because of their anatomy. When the patella dislocates, it tears ligaments (especially the “medial retinaculum”) that connect it to the inner knee.



Signs & symptoms:

Most of the time, the patella dislocates laterally and is very painful. The knee often swells very large. The patella may need to be reduced by a healthcare provider.



Zimmer splint



Patellar stabilizing brace

Treatment:

- Rest, ice, compression, elevation, NSAIDs (ie: Ibuprofen, Aleve, Naprosyn, etc.)
- Crutches for pain – partial or non-weight bearing
- Straight leg immobilizer x 3-4 weeks
- Start early “straight leg raise” exercise (with or without immobilizer splint)
- Patellar Stabilizing brace (ie: Tru-Pull) w/ sports
- Physical Therapy – for range of motion, then add strengthening of quads, hips & core
- Surgery – usually reserved for repeat episodes