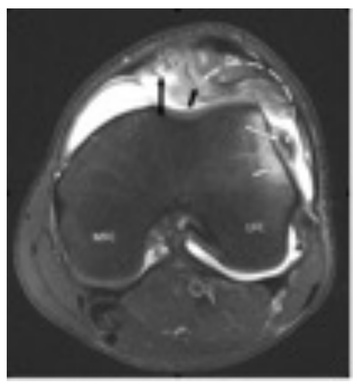
”Abstract 799 ","FIXATION OF OSTEOCHONDRAL FRACTURES FOLLOWING ACUTE PATELLA DISLOCATION: PROSPECTIVE STUDY TO ASSESS THE CLINICAL OUTCOMES AND RADIOLOGICAL UNION WITH FOLLOW UP MRI SCANS"

Vishal Rajput, Shoaib Iqbal, Mohammad Salim, Sanjeev Anand

The Leeds Teaching Hospitals NHS Trust

North Tees and Hartlepool NHS Foundation Trust



BACKGROUND AND STUDY AIMS

Fractures of the articular surface of the patella or the lateral femoral condyle usually occur following acute dislocation of the patella. This study looked at the radiological and functional outcomes of fixation of osteochondral fractures

METHODS

- 29 patients (18 male, 11) sustained osteochondral fractures of the knee following patellar dislocation.
- All patients had detailed radiographic imaging and MRI scan of the knee preoperatively.
- An arthroscopic assessment was done, followed by fixation using bio-absorbable pins or headless screws either arthroscopically or mini-open arthrotomy.
- VMO plication or MPFL repair were done if necessary
- FU MRI scans were done to assess healing

RESULTS

- Mean age = 21 yrs (9-74 yrs)
- 11 had osteochondral fracture of the patella (38%), while 18 were from the lateral femoral condyle (62%).
- 18 patients needed additional VMO plication/advancement .
- Mean follow up period was 7.7 years (1 to 12 years).

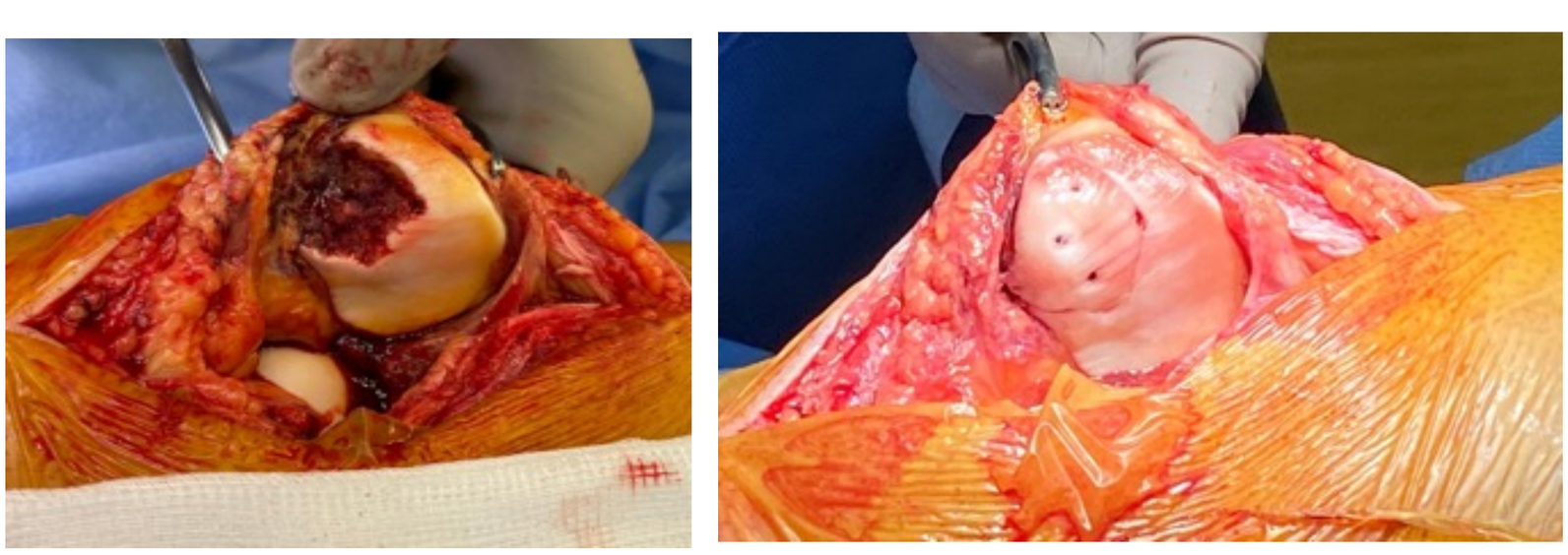


Figure 1: Intraoperative images of osteochondral fracture fixation

Figure 2: Pre-op and post-op MRI scans of patient with osteochondral fracture

RESULTS..Contd

- All patients returned to their pre-injury activity level (Mean score 7) and sports.
- None of the patients had a further episode of patellar dislocation.
- Mean postoperative IKDC score was 86.5 (SD 17.3),
- Kujala was 91.1(SD 15.5) and
- Tegner- lysholm was 88.7 (SD 14.4).
- Post-operative MRI scan showed satisfactory union in all cases (100%)

CONCLUSION

It is extremely important to identify this group of injury and treat them early to have satisfactory knee function and avoid long term complications of recurrent dislocation/arthritis