

Patella luxation

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This article has been translated from WikiSkripta; ready for the **editor's review**.

Etiology

- trauma / congenital disposition (more often ♀, also repeated habitual dislocations)
- the patella usually luxates laterally
- cause of lat. luxation is almost always a congenital disposition: Knee valgus, high position of the patella (patella alta), congenital patella dysplasia, joint hyperlaxity syndrome, etc.



x-ray image of a luxated patella

Diagnostics

- acute dislocation: significant change in knee contour + blocking of movement in semiflexion, haemarthrosis
- **recurrent dislocation:** Anamnesis opposite. patella luxation, congenital disposition, syn joint hyperlaxity, clinically subluxation to luxation of the patella (examined rather in CA)
- [[X-rays imaging|X-ray] – exclusion of an associated fracture, possibly. CT
- ASK – will most accurately clarify the condition of the joint surfaces + the position of the patella

Treatment

- reduction in CA, immobilization of the knee for 4-6 weeks
- in case of recurrent dislocations, surgery – medialization of the patella open / arthroscopically (+ lateral release)

Links

Related Articles

- Patella
- Fractures of the patella

References

- GALLO, Jiří, et al. *Ortopedie pro studenty lékařských a zdravotnických fakult.* 1. edition. Olomouc : Univerzita Palackého v Olomouci, 2011. ISBN 978-80-244-2486-6.

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