



# 6th Advanced Course on Knee Surgery

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[www.kneecourse.com](http://www.kneecourse.com)

## Patella bipartita

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# Patella pain

- Plica synovialis
- Patella chondropathy
- Patella bipartita
- Patella instability /dysplasia

# Patella bipartita

a.inferior 5 %

b.lateral 20 %

c. superolateral 75 %



closure between 8-12 yrs

incidence 1- 5 %

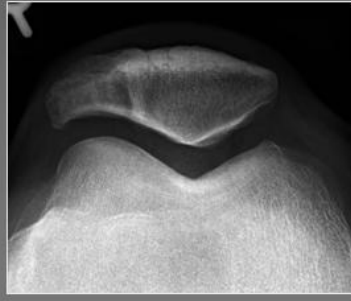
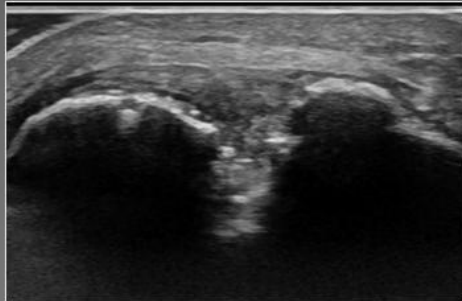
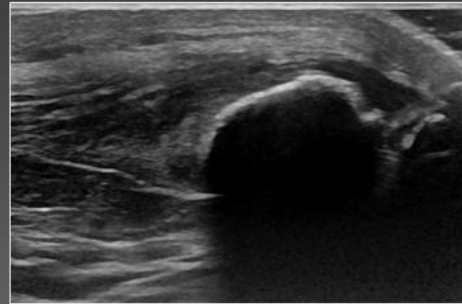
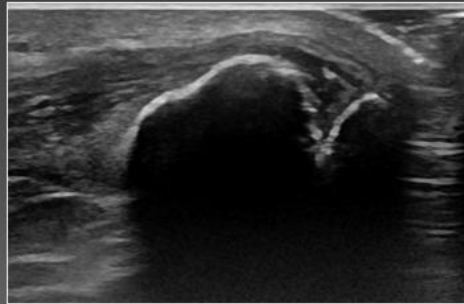
50 % bilateral

Nonsurgical treatment 3 mths

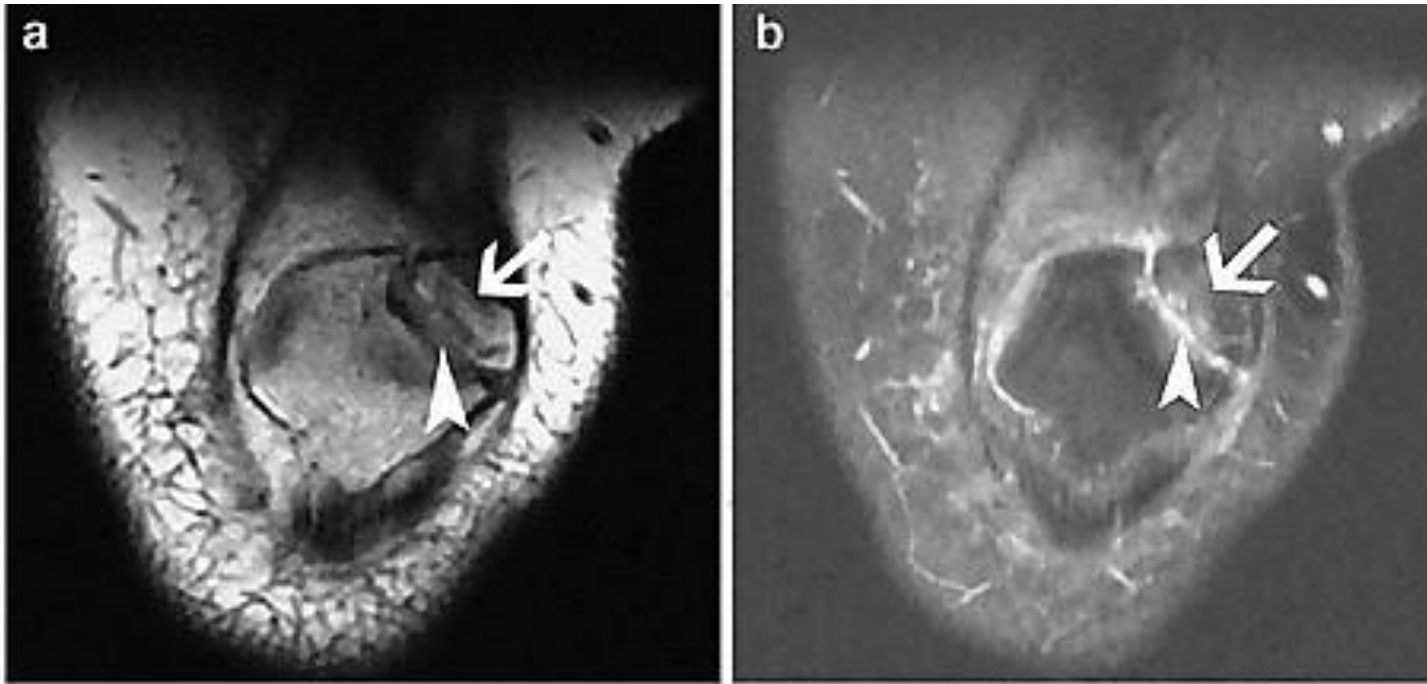
# Surgical interventions

- 71 % excision fragment ( 5 % arthroscopic )
- 13 % vastus lateralis release
- 13 % lateral retinaculum release
- 3 % ORIF fixation
- Release 94 % good excellent
- Excision 98 % return to sports 85 % complete pain relief
- Orthopedics Review 2014

# Patella bipartita

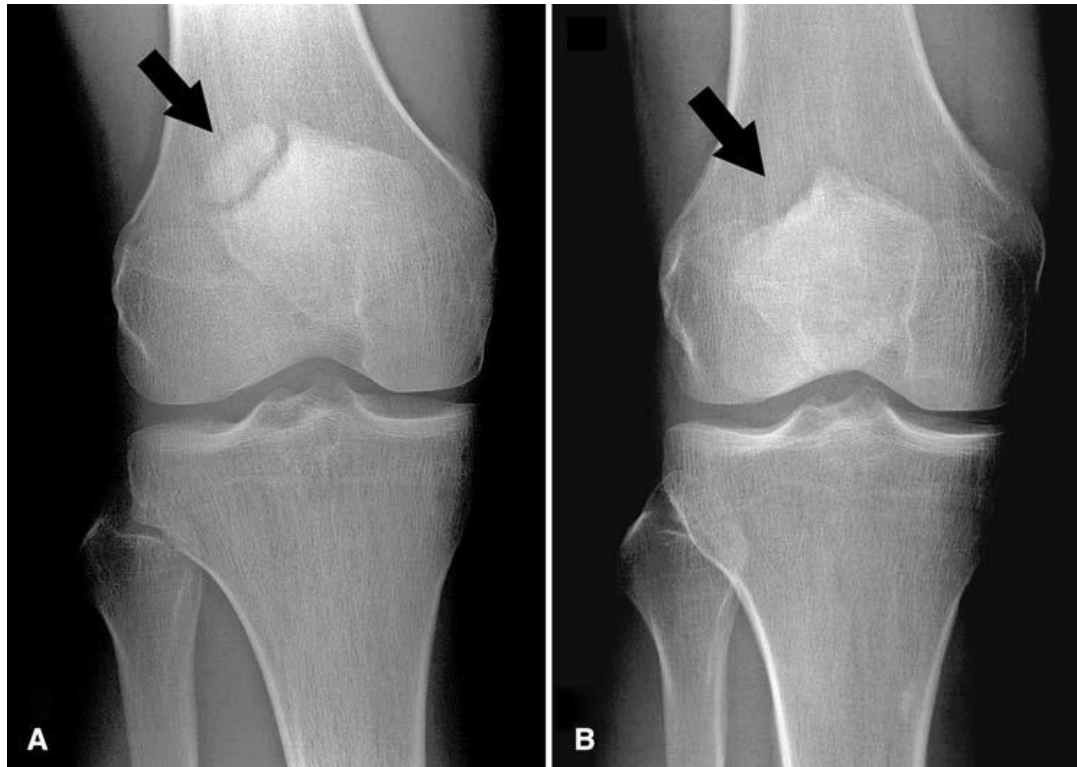


# Fluid instable fragment



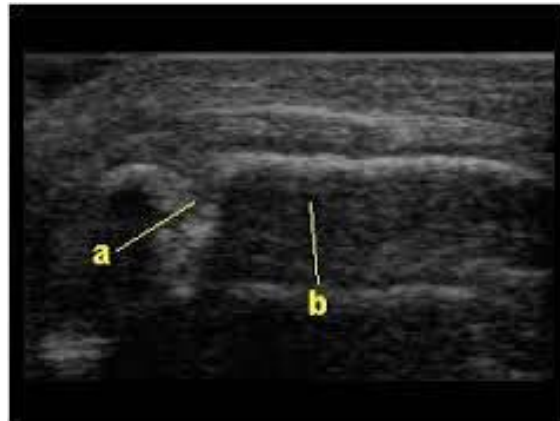
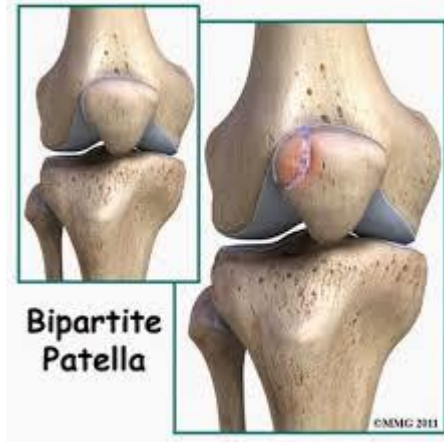
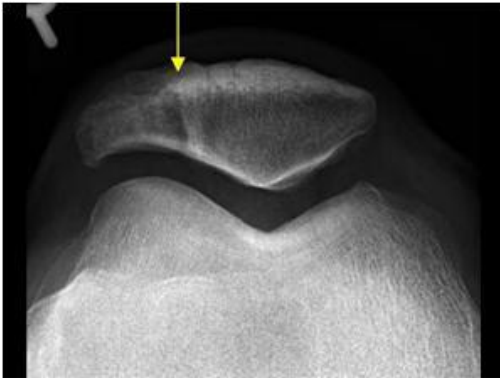
# CORR 2008

- Excision of Painful Bipartite Patella
- Good Long-term Outcome in Young Adults



# MSU diagnosis

- Dynamic US / infiltration





# Arthroscopic diagnosis and removal



# Conclusion

- Painfull patella bipartita
- 1 diagnosis ( x ray + )
- 2 conservative treatment ( brace / injection )
- 3 operative after 3 months (?)
- 4 most frequent operative treatment : Excision