

TABLE E-1 Relative Prevalence of Different Presentations of Patellofemoral Instability Requiring Surgical Repair During the Study Period*

Pathology and Tissue Repaired	No. of Cases	
	Surgical	Nonsurgical
Isolated MPML	23	7
Isolated MPFL	5	8
Combined MPFL, MPML	22	NA
Taut lateral retinacular release	23	NA
Total	73	

*Seventy-three of 745 cases of extensor dysfunction, including patellar instability and/or patellofemoral compression, were treated surgically. The twenty-three lateral releases were isolated procedures that included none of the twenty-three cases undergoing MPML plication; specifically, the case in which lateral release was performed subsequent to MPML plication in order to obtain an optimal result is not included in the “taut retinacular release” row. NA = not applicable.

TABLE E-2 Data on Individual Patients Followed After Operative Treatment of Isolated MPML Laxity

Case	Sex	Age (yr)	Sport	IKDC Activity Level*			IKDC Knee Function†	
				Before Injury	Postop.	Follow-up	Preop. (After Injury)	Follow-up
1	F	34	Soccer	5	1	5	7	10
2	F	20	Walking	2	1	2	0	7
3	M	32	Skiing	5	1	5	5	9
4	F	20	Cross-country running	3	2	3	5	8
5	F	14	Basketball	5	3	5	5	9
6	F	16	Cheerleading	5	1	5	3	9
7	M	16	Basketball	5	2	5	4	9
8	F	17	Basketball	5	2	5	0	10
9	F	15	Ballet	5	1	3	1	5
10	F	11	Marching band	3	2	2	5	7
11	F	26	Skiing	4	2	4	4	8
12	F	13	Softball	5	1	5	4	10
13	M	19	Baseball	5	2	5	4	8
14	M	20	Football	5	3	5	5	9
15	F	14	Volleyball	5	3	5	5	9
16	F	24	Walking	2	1	2	1	7
17	F	15	Basketball	5	2	4	3	9
18	F	18	Volleyball	5	3	4	3	6
19	F	19	Volleyball	5	3	5	2	10
20	M	13	Basketball	5	1	5	2	10
21	F	19	Basketball	5	1	5	1	10

*The 2000 version of the International Knee Documentation Committee (IKDC) subjective knee evaluation assigns a numerical value of 1 to 5 to grade the highest unimpaired level of activity that can be performed on a daily basis. A grade of 1 is assigned to impairment preventing light activities such as walking, and a grade of 5 is assigned to the ability to do very strenuous jumping or pivoting. †The IKDC knee function assigns a value of 0 (“cannot perform daily activities”) to 10 (“asymptomatic normal excellent function including full sports without limitations”).

TABLE E-3 Preoperative and Postoperative IKDC Scores*

Case	Sex	Q Angle (deg)	Preop. IKDC Score	MPML Repair	Postop. IKDC Score	Duration of Follow-up (mo)	Additional Pathology
1	F	30	44	Open	84	30	Patellofemoral fissures
2	F	15	6	Arthroscopic	76	30	ACL reconstruction, lateral meniscectomy
3	M	30	38	Open	92	32	
4	F	25	54	Open	83	41	
5	F	15	40	Open	86	25	Lateral meniscectomy
6	F	25	30	Arthroscopic	83	30	Patellofemoral fissures
7	M	25	34	Arthroscopic	91	26	
8	F	15	41	Open	100	26	Patellofemoral fissures
9	F	25	30	Arthroscopic	59	22	Recurrent MPML laxity
10	F	25	48	Arthroscopic	76	36	Patellofemoral Fissures
11	F	20	64	Arthroscopic	95	22	ACL reconstruction
12	F	30	NA	Open	97	30	
13	M	15	46	Open	92	21	
14	M	25	55	Open	89	26	Lateral meniscectomy
15	F	NA	12	Open	98	21	
16	F	25	14	Open	61	19	Lateral meniscectomy
17	F	25	52	Open	61	33	Lateral meniscectomy
18	F	20	43	Open	56	32	Patellofemoral fissures
19	F	20	41	Arthroscopic	98	32	Patellofemoral fissures
20	M	30	52	Arthroscopic	99	29	

21	F	30	36	Arthroscopic	100	84	
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*Data are not shown for the two patients (one male and one female) lost to follow-up. IKDC = International Knee Documentation Committee, and NA = not available.