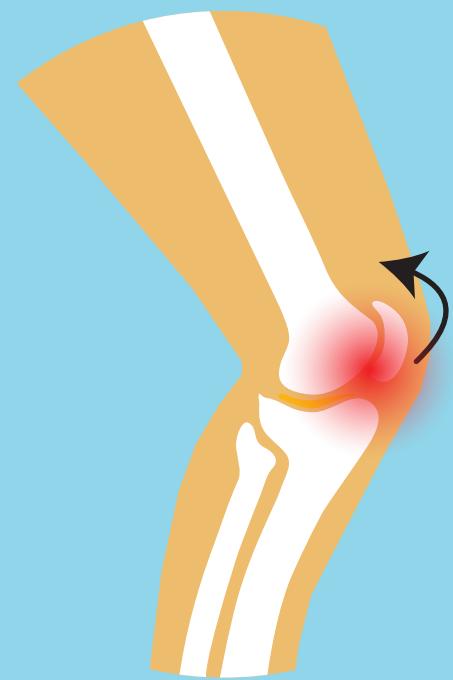


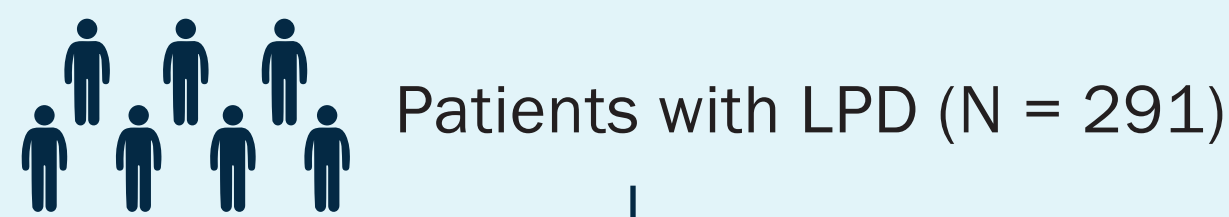
What Are the Risk Factors for Recurrent Patellar Dislocation?

Non-surgical treatment is the standard of care for first-time lateral patellar dislocation (LPD)



However, patients may experience recurrent joint instability following LPD, suggesting the need for risk assessment

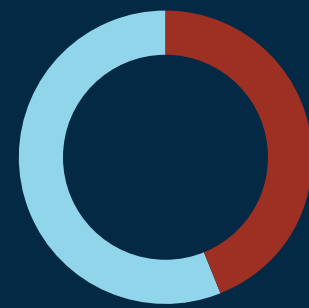
Development of a multivariable model for risk assessment



Risk assessment using



Patient history Physical examination Imaging



56% of patients experienced recurrent dislocation within 2 years

Major risk factors for recurrent LPD



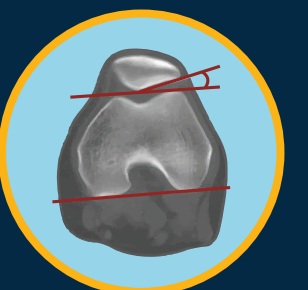
Younger age



History of patellar dislocation



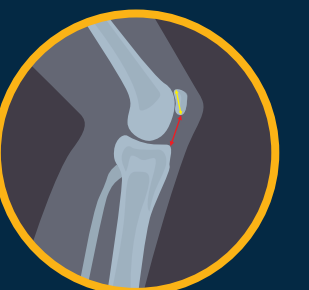
Skeletal immaturity



Lateral patellar tilt



Tibial tubercle-trochlear groove distance



Insall-Salvati ratio



Trochlear dysplasia

Factors not affecting risk of recurrent LPD

- ✗ Sex
- ✗ Caton-Deschamps ratio
- ✗ Inclination angle
- ✗ Mechanism of injury
- ✗ Sulcus angle
- ✗ Facet ratio



Risk stratification can help identify patients likely to experience recurrent dislocation who may have long-term benefits from early surgical intervention

Development of a Multivariable Model Based on Individual Risk Factors for Recurrent Lateral Patellar Dislocation

Ling et al. (2021) | DOI: 10.2106/JBJS.20.00020

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