

## Overview

Acute patellar dislocation can occur as a result of trauma, eg. Football tackle. These usually get better in a few weeks and there is no long term problem. Many patients with recurrent patellar problems have minimal or no trauma before an episode of instability. Problems may manifest as anterior knee pain or instability.

## Causes

The patients with patellar instability fall into 2 groups. Otherwise normal knee anatomy; and varying degrees of abnormal anatomy. The muscle balance around the whole of the lower limb including pelvic muscles, knee muscles and lower limb alignment are very important in how the leg works during activity. If there is muscle imbalance, poor gait, etc. this may manifest as knee pain at the front of the knee.

## Treatment

You will certainly be able to get advice from a good physiotherapist or podiatrist about anterior knee pain. It almost never needs operative treatment. Work on muscle balance and gait is very important whatever the cause of the problem. Only in very defined circumstances, is surgery to stabilise an unstable patella really worthwhile. Even then it is complicated surgery and any surgery around the knee tends to make the muscles weaker initially, thereby, at least at the start, compounding the problem.

If you have patellar pain, I am happy to chat about your options, given that surgery is rarely required.

**If you would like to arrange a consultation or just need an informal chat, please contact me at:**

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