

So you've mastered MPFL reconstruction: What else to add, and when? ICL 208

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Disclosures

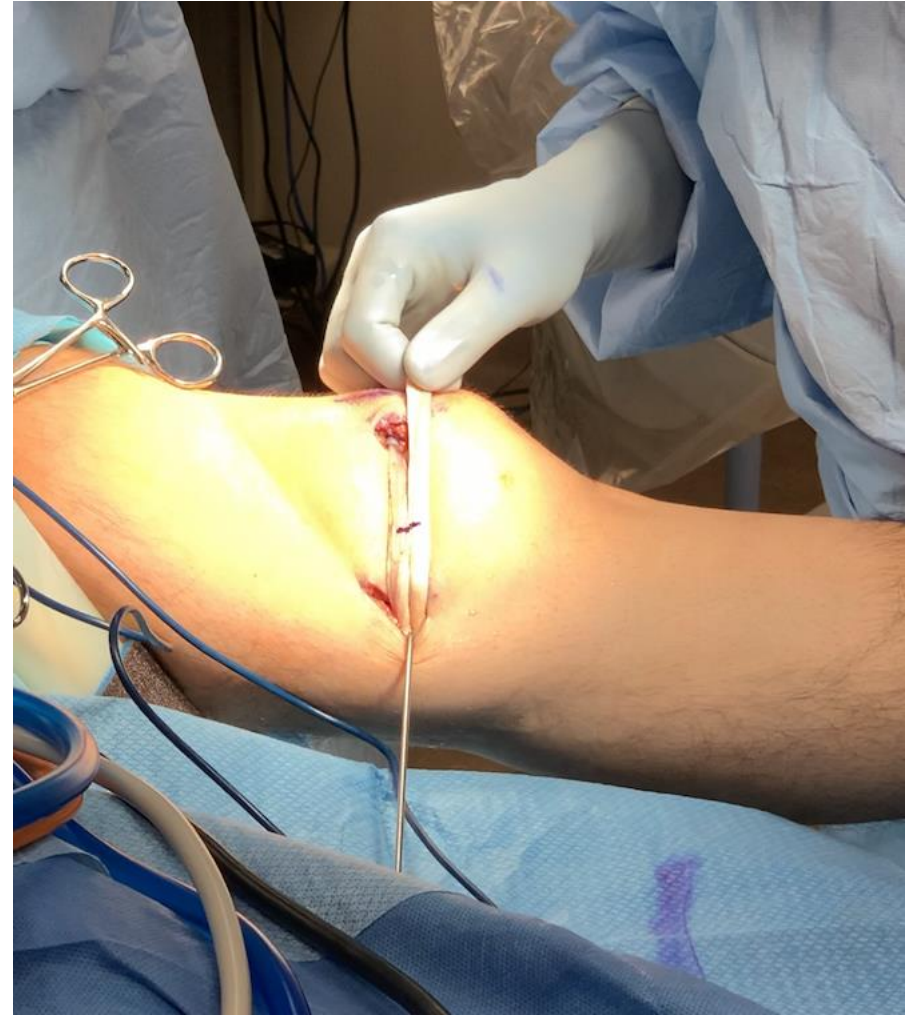
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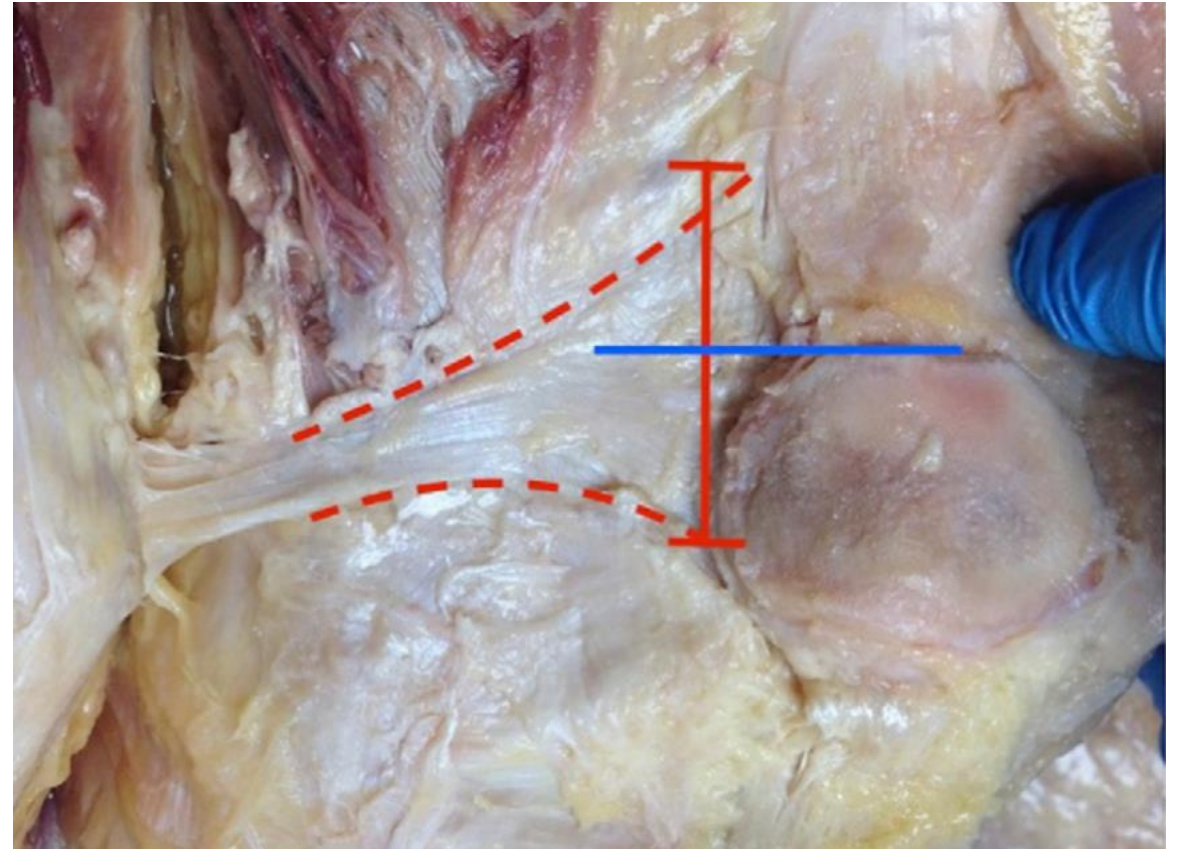
MPFL Reconstruction

- Patellar stabilization surgery has become increasingly popularized
- Between 2004 and 2014, the number of patellar instability procedures increased 2.1-fold (McFarlane 2021)



Evolution of Anatomy

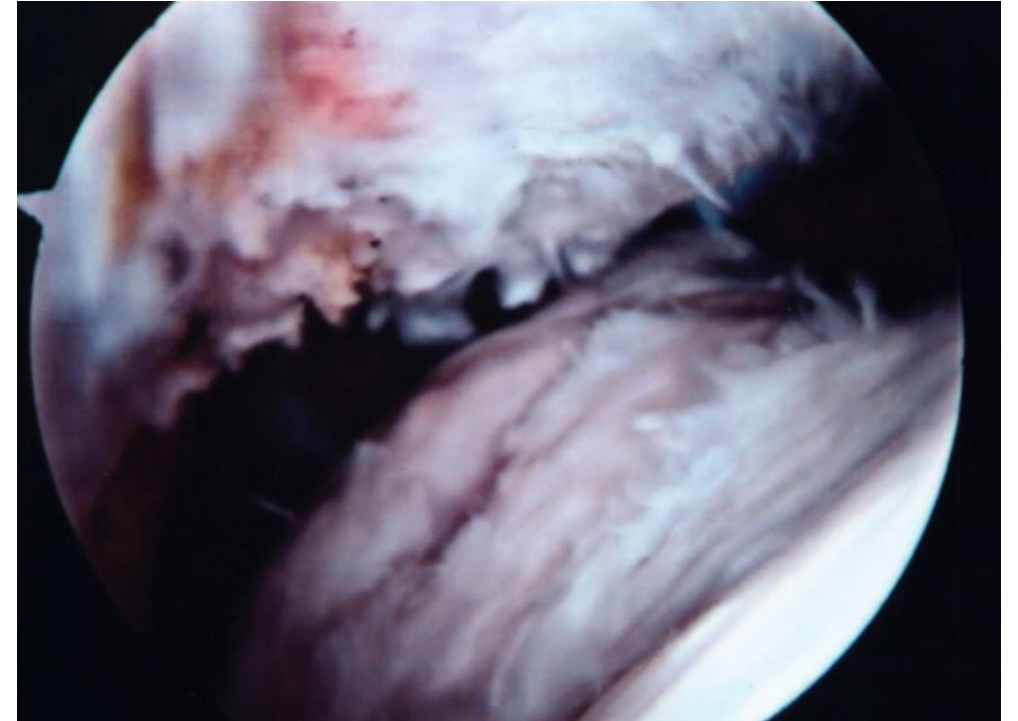
- MPFL: medial patellofemoral ligament
- MQTFL: medial quadriceps tendon ligament
- MPFC: medial patellofemoral complex



JBJS 2016

Complications

- As high as 26.1%, of which almost half can be attributed to technical error (Parikh 2013, Shah 2012)
- To avoid complications:
 - Graft length and tension
 - Anatomic tunnel position
 - **Concurrent procedures when indicated**



JBJS 2012

What else to add, and when?



- Jack Farr, MD
- Ortho Indy



- Andrew J. Cosgarea, MD
- Johns Hopkins University



- Elizabeth A. Arendt, MD
- University of Minnesota



- Adam B. Yanke, MD, PhD
- Rush University

Concurrent Procedures

- Coronal and rotational malalignment: When and how to correct with TTO
 - Jack Farr, MD
- Patella alta: When and how to add distalizing TTO
 - Andrew J. Cosgarea, MD
- Trochlear abnormalities: When and how to include trochleoplasty
 - Elizabeth A. Arendt, MD
- Soft tissue considerations: When to add lateral release or lengthening
 - Adam B. Yanke, MD, PhD

- Case Discussions, Q&A