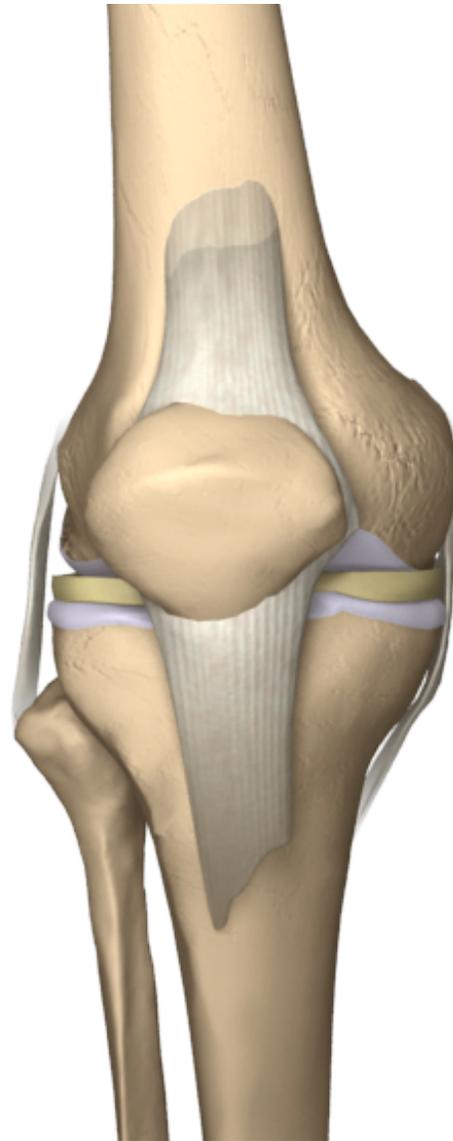


Patella (Knee Cap) Pain - Patella Realignment

The patella is a flat triangular shaped bone that protects the knee joint and helps muscles move your leg more efficiently. A healthy patella glides up and down a groove at the end of your femur, pain free.

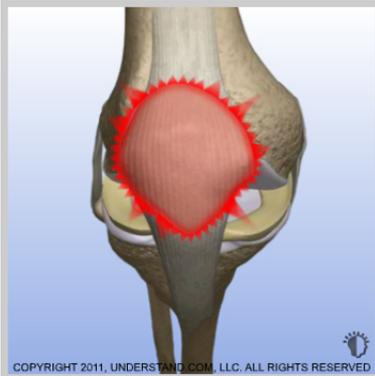


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Patella Realignment Introduction

The patella is a flat triangular shaped bone that protects the knee joint and helps muscles move your leg more efficiently. A healthy patella glides up and down a groove at the end of your femur, pain free.



Conditions

However, there are a number of conditions that can cause pain when your patella moves. Your surgeon will determine which treatment is best for you based on your specific condition.



Incisions

Small incisions (portals) are made around the joint. The scope and surgical instruments will go into these incisions.

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Visualization

The scope is inserted into the knee. Saline solution flows through a tube (cannula) and into the knee to expand the joint and to improve visualization. The image is sent to a video monitor where the surgeon can see inside the joint.



Misaligned Patella

This view shows the muscle and tissue that surround the patella. The patella will get off track when the fibrous bands on the side of the patella called the retinacula pull the patella to the side incorrectly.



Repair

A surgical instrument is inserted into the joint and the band that is pulling incorrectly is cut. When this band is cut, it releases the patella and it allows it to properly glide in its track.



End of Procedure

The surgical instruments are removed and the procedure is completed.