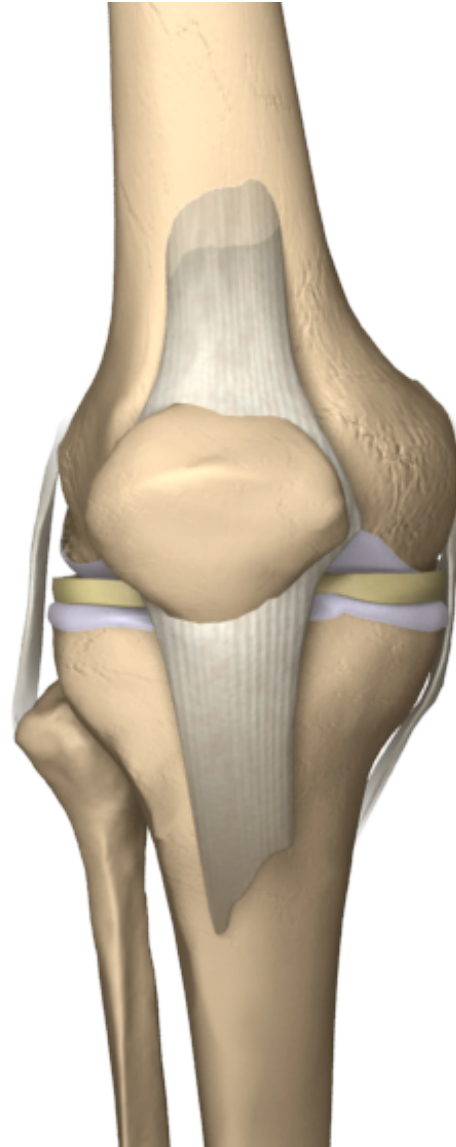
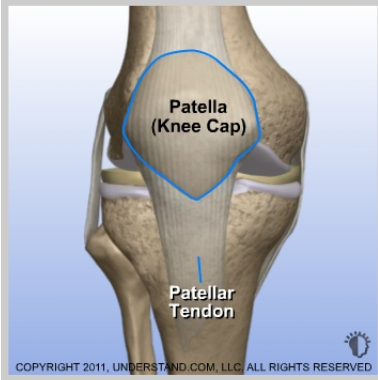


Patella (Knee Cap) Pain - Removal of Painful Plica

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.

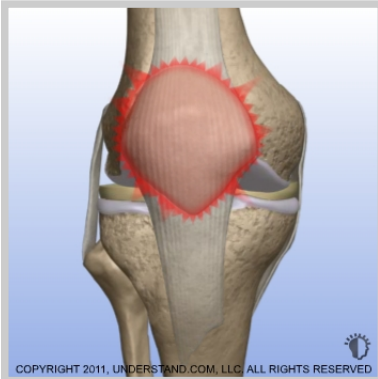


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Removal of Painful Plica Introduction

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

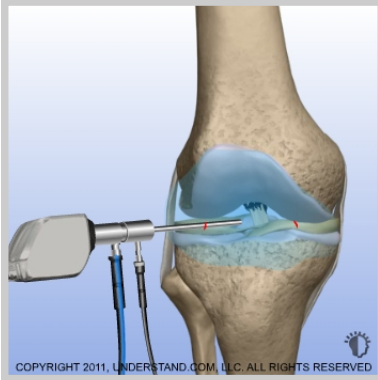
However, there are a number of conditions that can cause pain when your patella moves. Your surgeon will determine which treatment is best for you based on your specific condition.



Incisions

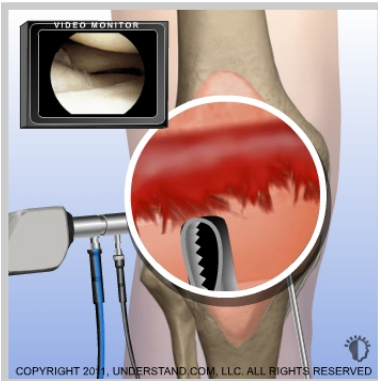
Small incisions (portals) are made around the joint. The scope and surgical instruments will go into these incisions.

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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.



Plica Removal

The knee cap is pinching the plica band causing pain. The plica will be removed using a specialized surgical instrument.



End of Procedure

After the plica is trimmed away, the surgical instruments are removed and the procedure is completed.