

Children's Bone and Spine Surgery

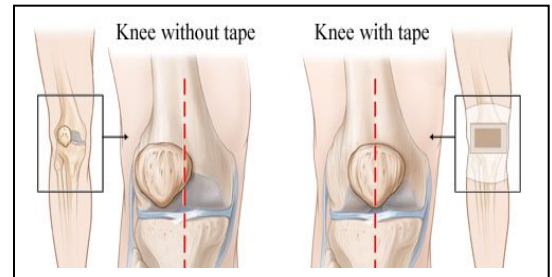
Patella Tracking

What is Patellar Tracking Syndrome?

- Patellar tracking disorder occurs when the kneecap (patella) shifts out of place as the leg bends or straightens. In most cases, the kneecap shifts too far toward the outside of the leg, although in a few people it shifts toward the inside.
- The kneecap can shift or rotate off track if the groove is too shallow or if the cartilage is damaged. Ligaments, tendons, or muscles that are too loose or too tight may also lead to a misaligned kneecap.
- This can affect athletes and non-athletes.

Causes:

- Patellar tracking syndrome can be caused by several factors:
 - Shape of the patella
 - Tendon and muscle tightness
 - Damage to the cartilage
 - Overuse during activity



Signs and Symptoms:

- Pain can occur in one knee or both.
- Pain can occur with activity such as: going up and down stairs, sitting for an extended period of time, standing from a squatted position.
- Patients can experience grinding, popping, catching, locking, or knee “giving out”

Treatments:

- Foot orthotics are beneficial to patients that have symptomatic pes planus (flat feet).
- Anti-inflammatory medications are beneficial for pain management and inflammation.
- Strengthening and physical therapy are recommended to improve strength.
 - Straight leg raises, sidelying leg raises and external rotator strengthening are good exercises
 - Exercises should be done at least once a day; performing 3 sets of 10 each way
 - Ankle weights can be utilized to increase strength. Patients should begin with no weight and gradually add weight.
 - Patellar realignment surgery may be an option in chronic pain cases

