

14 Y/O MALE KNEE PAIN

CAME TO US 3 DAYS POST INJURY

FELL TO GROUND PLAYING BASKETBALL

FELT POP IN LEFT KNEE WITH QUICK LATERAL MOVE FOR LOOSE BALL

UNABLE TO CONTINUE PLAYING

DAY OF INJURY

- ER VISIT
- NEGATIVE X-RAYS
- IMOBILIZED AND PUT ON CRUTCHES
- NON WEIGHT BEARING

INITIAL VISIT

- ARRIVES COMPLIANT WITH ER INSTRUCTIONS
 - SLIGHT EFFUSION
 - LOSS OF AROM FLEX/EXTENSION
 - NO PAIN MEDS NEEDED
- POINT TENDER MEDIAL JOINT LINE AND MEDIAL PATELLAR FACET
 - GUARDING
 - SUSPECT PATELLAR SUBLUXATION
 - MRI ORDERED

INITIAL X-RAYS



FOLLOW UP 20 DAYS POST INJURY

- STILL NON WB
 - 2/10 PAIN
- SLIGHT EFFUSION
- LIMITED AROM
- MRI CONFIRMS INITIAL Dx LATERAL SUBLUXATION OF PATELLA
- INCREASED SIGNAL MEDIAL PATELLA AND LATERAL FEMORAL CONDYLE
 - SMALL CARTILAGE DEFECT MEDIAL PATELLA
 - ACL/PCL/MCL/LCL INTACT

PLAN

- PROGRESS PARTIAL WB TO FULL WB
- PROCEED TO PHYSICAL THERAPY
- FOLLOW UP 4 WEEKS

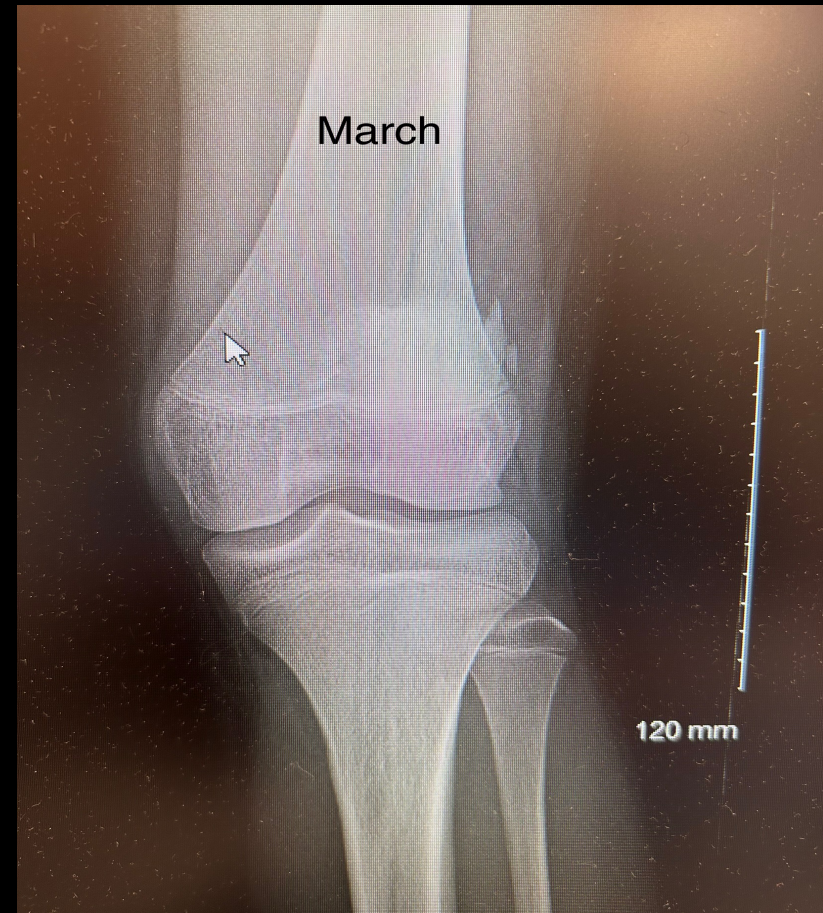
7 WEEKS POST INJURY

- PATIENT AND MOM REPORT 12 PT VISITS
 - NO SET BACKS
 - FULL WEIGHT BEARING
 - FLEX/EXT IS NORMAL
- SLIGHT EFFUSION REMAINS
 - NO ASPIRATION DONE
 - CONTINUE WITH PT

10 WEEKS POST INJURY

- RETURNS FOR FOLLOW UP ONE WEEK EARLY
 - WAS PROGRESSING AT PT NO SET BACKS
- REPORTS WAKING WITH INCREASED SWELLING AND CRUNCHING
 - DENIES LOCKING OR INSTABILITY
- REPEAT X-RAYS SHOW CALCIFICATION ON LATERAL JOINT NOT PREVIOUSLY PRESENT
- IN OFFICE ULTRA-SOUND SHOWS SMALL CALCIFIC BODY IN KNEE JOINT
 - 2ND MRI ORDERED

REPEAT X-RAYS 14 WEEKS POST INJURY



2ND MRI

- 1.5cm X 2cm OSTEOCHONDRAL LOOSE BODY ANTERIOR KNEE
 - REFERRAL FOR SURGICAL EVALUATION
- INITIAL SURGEON (PEDIATRIC SPECIALITY)
 - WAIT CONTINUE PT
- 2ND SURGEON (PEDIATRIC SPECIALTY)
 - SCHEDULED SURGERY