

- **Foreword** (p. xi)
- **Preface** (p. xiii)
- **Acknowledgments** (p. xv)
- **1. Normal Anatomy** (p. 1)
- **Embryology** (p. 1)
- **Patellar Morphology** (p. 2)
- **Anterior Surface**
- **Posterior Surface**
- **Articular Surface**
- **Medial Facet**
- **Lateral Facet**
- **Base of the Patella**
- **Apex of the Patella**
- **Paramedian Borders**
- **Osseous Structure** (p. 9)
- **Trochlear Surface of the Femur** (p. 10)
- **Lateral (External) Trochlear Facet**
- **Supratrochlear Fossa**
- **Trochlear Condylar Junctions**
- **Synovium of the Patellofemoral Joint** (p. 12)
- **Suprapatellar Pouch**
- **Peripatellar Synovium**
- **Infrapatellar Synovium**
- **Soft-Tissue Stabilizers** (p. 14)
- **Passive Stabilizers**
- **Active Stabilizers**
- **Vascular Anatomy of the Patellofemoral Joint** (p. 20)
- **Arterial Supply**
- **Venous Drainage**
- **Functional Aspects of the Vascular Supply**
- **2. Biomechanics of the Patellofemoral Joint** (p. 24)
- **Biomechanics** (p. 24)
- **Functions of the Patella** (p. 24)
- **Statics** (p. 25)
- **Calculation of Patellofemoral Compression**
- **Patellofemoral Contact Areas** (p. 30)
- **Dynamics** (p. 34)
- **Knee Extension Against Resistance** (p. 38)
- **Law of Valgus** (p. 38)
- **Abnormal Biomechanics** (p. 39)
- **3. History and Physical Examination** (p. 43)
- **History** (p. 43)
- **The Complaint**
- **Onset of the Problem**
- **What Is the Nature of the Pain?**
- **History of Overuse?**

- **History of Surgeries**
- **Other Medical History**
- **Patient Goals and Expectations**
- **Pain Diagrams**
- **Physical Examination (p. 47)**
- **Evidence of Malalignment**
- **Reproducing the Patient's Pain**
- **Putting It All Together**
- **4. Imaging the Patellofemoral Joint (p. 76)**
- **Standard Views (p. 76)**
- **Anteroposterior View**
- **Lateral View**
- **Tangential (Axial) View**
- **Computed Tomography (p. 89)**
- **Performing Patellofemoral CT**
- **Determining Subluxation and Tilt Using Tomographic Images (p. 94)**
- **Arthrography (p. 97)**
- **Patellofemoral Radiographic Evaluation in Children (p. 98)**
- **Birth to 5 Years**
- **Five to Eleven Years**
- **After 11 Years**
- **Magnetic Resonance Imaging (p. 100)**
- **Radionuclide Imaging (p. 102)**
- **Other Imaging Techniques (p. 103)**
- **Practical Algorithm for Imaging the Patellofemoral Joint (p. 104)**
- **5. Arthroscopy of the Patellofemoral Joint (p. 107)**
- **Basic Setup and Technique (p. 107)**
- **Classification of Articular Lesions (p. 114)**
- **Arthroscopic Debridement (p. 118)**
- **Arthroscopic Lateral Release (p. 119)**
- **Arthroscopic Medial Imbrication (p. 122)**
- **Arthroscopic Arthroplasty (p. 122)**
- **Symptomatic Plica and Synovial Resection (p. 125)**
- **Summary (p. 127)**
- **6. Dysplasias (p. 129)**
- **Patellar Dysplasias (p. 129)**
- **Aplasia**
- **Hypoplasia**
- **Partial Hypoplasia**
- **Patella Fragmentation**
- **Marginal Patellar Defects**
- **Patellar Reduplication**
- **Hyperplasia or Patella Magna**
- **Superior and Inferior Patella Malposition (p. 137)**
- **Patella Alta**
- **Patella Baja or Infera**

- **Trochlear Dysplasias** (p. 139)
- **Hypoplasia of the Medial Condyle**
- **Aplasia of the Medial Trochlea**
- **Global Dystrophy of the Trochlea**
- **Soft-Tissue Dysplasia** (p. 141)
- **7. Nonarthritic Anterior Knee Pain** (p. 143)
- **Clinical Features** (p. 144)
- **Symptoms**
- **Physical Findings**
- **Retinacular Pain** (p. 149)
- **Plica or Synovitis** (p. 150)
- **Patellar Tendinitis (Jumper's Knee)** (p. 151)
- **Prepatellar Bursitis**
- **Retropatellar Tendon Bursitis**
- **Pes Anserinus Bursitis**
- **Fat Pad Syndrome**
- **Meniscal Lesions** (p. 153)
- **Cruciate Ligament Deficiency and Reconstruction** (p. 154)
- **Hemangioma** (p. 154)
- **Runners' Knee** (p. 154)
- **Iliotibial Friction Band Syndrome** (p. 155)
- **Referred Pain** (p. 155)
- **Rehabilitation of Soft-Tissue Problems** (p. 155)
- **8. Patellar Tilt Compression and the Excessive Lateral Pressure Syndrome** (p. 160)
- **Clinical Features** (p. 160)
- **Signs and Symptoms**
- **Natural History of the Tilt Compression Syndrome** (p. 163)
- **Radiographic Features** (p. 165)
- **Axial View Arthrography**
- **CT and MRI**
- **Indirect Signs of Excessive Pressure**
- **Etiology** (p. 170)
- **Excessive Lateral Ligamentous Tension**
- **Causes of Excessive Lateral Ligamentous Tension**
- **Disruption of Medial Stabilizers**
- **Residual Retinacular Band**
- **Treatment of Patients with Tilt Compression (Nonoperative)**
- **Lateral Release for the Patient with Tilt Compression Syndrome** (p. 177)
- **Technique of Lateral Retinacular Release** (p. 178)
- **Complications of Lateral Retinacular Release**
- **Case Histories** (p. 180)
- **Patient 1 (32-Year-Old Female Hairdresser)**
- **Patient 2 (16-Year-Old Girl)**
- **Patient 3 (30-Year-Old Man)**
- **Patient 4 (27-Year-Old Woman)**
- **9. Patellar Subluxation** (p. 185)

- **Types of Subluxation (Translation) (p. 185)**
- **Minor Recurrent Lateral Subluxation**
- **Major Recurrent Lateral Subluxation**
- **Persistent Lateral Patella Displacement**
- **Etiology (p. 186)**
- **Congenital Subluxation**
- **Secondary Subluxation**
- **Natural History**
- **Clinical Features of Subluxation (p. 190)**
- **History**
- **Physical Findings**
- **Diagnosis**
- **Radiologic Features**
- **Treatment (p. 198)**
- **Nonoperative Treatment**
- **Operative Treatment**
- **10. Patellar Dislocation (p. 211)**
- **Etiology of Patellar Dislocation (p. 212)**
- **Bony Abnormalities**
- **Soft-Tissue Abnormalities**
- **Direct Patellar Trauma Without Dislocation (p. 215)**
- **Acute Patellar Dislocation (p. 216)**
- **Clinical Picture**
- **Radiologic Features**
- **Pathoanatomy**
- **Treatment**
- **Fulkerson's Approach to Acute Patellar Dislocation**
- **Recurrent Patellar Dislocation (p. 220)**
- **Clinical Features**
- **Radiologic Features**
- **Treatment**
- **Permanent Patellar Dislocation (p. 226)**
- **Congenital Form**
- **Acquired Form**
- **Etiology**
- **Clinical Features**
- **Radiologic Features**
- **Treatment**
- **11. Articular Cartilage Lesions in Patellofemoral Pain Patients (p. 239)**
- **Historical Review (p. 239)**
- **Neurotrophins and Patellofemoral Pain (p. 240)**
- **Patellar Articular Cartilage Breakdown (p. 241)**
- **Anatomic Aspects of Patellar Cartilage Breakdown (p. 244)**
- **Closed Chondromalacia**
- **Open Chondromalacia**
- **Chondrosclerosis**

- **Tuft Formation**
- **Superficial Surface Changes**
- **Global Chondromalacia**
- **Outerbridge Classification**
- **Location of Lesions (p. 250)**
- **Microscopic Aspects of Patellar Articular Cartilage Degeneration (p. 253)**
- **Closed Chondromalacia**
- **Open Chondromalacia**
- **Chondrosclerosis**
- **Mechanical Pathogenesis of Arthrosis (p. 274)**
- **Origin of Arthrosis: Its Mechanical Nature**
- **Initiation of Arthrosis**
- **Patellar Articular Cartilage Healing**
- **Articular Cartilage Lesions in the Patient with Chronic Patellar Tilt (p. 279)**
- **Articular Cartilage Lesions Related to Patellar Subluxation (p. 280)**
- **Clinical Features--Chondromalacia Related to Malalignment (p. 281)**
- **Trauma and Infrapatellar Contracture**
- **Symptoms and Physical Findings in Patient with Chondromalacia-Arthrosis (p. 282)**
- **Clinical Forms**
- **Radiologic Features**
- **Osteochondritis Dissecans and Osteonecrosis (p. 288)**
- **12. Nonoperative Treatment (p. 292)**
- **Planning Treatment (p. 292)**
- **Malposition**
- **Chondrosis-Arthrosis**
- **Retinacular Pain**
- **Plica**
- **Synovitis**
- **Muscle-Tendon Pain**
- **Referred Pain**
- **Forms of Treatment (p. 303)**
- **Injection**
- **Compartment Syndrome Treatment**
- **Home Therapy**
- **Physical Therapy**
- **Rehabilitation (p. 306)**
- **Kinetic Chain Mobilization, Alignment, and Proprioception**
- **Stretching the Kinetic Chain**
- **Patellofemoral Taping**
- **Strengthening**
- **Braces**
- **Activity Modification**
- **13. Surgical Treatment of Patellofemoral Articular Lesions (p. 318)**
- **Patellofemoral Arthroscopy (p. 319)**
- **Patellofemoral Reconstruction (p. 321)**
- **Selecting Appropriate Patients for Lateral Release**

- **Anteromedial Tibial Tubercle Transfer**
- **Other Surgical Alternatives for the Patient with Patellar Arthrosis** (p. 344)
- **Patellectomy**
- **Tibial Tubercle Anteriorization with Bone Graft**
- **Cellular Resurfacing**
- **Infrapatellar Contracture Syndrome**
- **Patellofemoral Replacement**
- **Patellofemoral Joint Resurfacing in Knee Joint Replacement Surgery** (p. 355)
- **Osteotomy of the Patella**
- **Anterolateral Transfer of the Tibial Tubercle**
- **Subject Index** (p. 363)