Patella Fractures and Extensor Mechanism Injury: Technique and Implant Choice

Orthopaedic Trauma Boot Camp Joshua Langford, MD

Operative vs Nonoperative

- If able to straight leg raise and less than 2mm of step off, non-op
- Disrupted mechanism → operative
- If question, have patient lay on side to fire extensor

Patella Fractures: Surgical Options

- Fixation
- Partial Patellectomy
- Total Patellectomy...not covered here
- Ilizarov...not even for me

Fixation of Patella Fractures

- Tension band, modified tension band
- Cannulated screws
- Suture repair
- LABC
- Cannulated Screw Tension Band with wire
- Cannulated Screw Tension Band with cable
- Plates







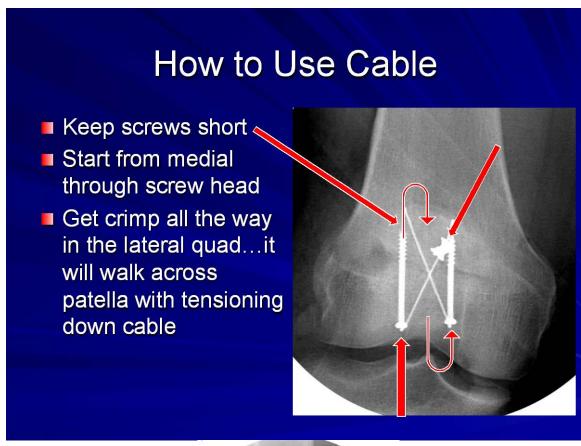


Tips for Modified Tension Band

- Avoid prominent hardware with modified tension band
- Bend both end of the wires to avoid migration
- Helpful to use a suture for cerclage rather than wire

Tools for Using a Cannulated Screw Tension Band with Cable

- 1.0 mm cable with preloaded crimp
- 4.0 mm partially threaded cannulated screws





Quad Tendon and Patellar Tendon Tips

- Use one of the good sutures in a Krackow running locking method to get grab on the tendon (Orthocord, Fiberwire, whatever..)
- Repair the Retinaculum
- Don't be afraid to place a suture cerclage
- If all else fails, use running locking stitch on quad and on patella tendon and tie them together

