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Clinical Outcomes For MPFL Reconstruction After First- Time Vs. Recurrent Patella Dislocations

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Disclosure Information

The authors have no disclosures.



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Background

- **Patellofemoral dislocation** is a common condition in pediatric patients, often leading to recurrent instability
- MPFLr is indicated following a **first-time** patella dislocation for patients with **high recurrence risk** or **significant cartilage damage** (Reikersdorfer et al. 2025)
- However, a **direct comparison** of outcomes between first-time and recurrent dislocators has not previously been reported

Aim of this Study:

To compare two-year clinical outcomes of MPFL reconstruction following first-time dislocation versus recurrent instability in the pediatric population



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Methods

- Study Design: Retrospective cohort study, single-surgeon, 2020-2022
- **Inclusion:** patients who underwent MPFLr with at least 2 years of clinical follow up and no previous ipsilateral surgery
- **Primary Outcome:** treatment failure defined as subsequent dislocation
- **Secondary Outcomes:**
 - patient-reported functional outcome scores (IKDC, KOOS, Lysholm scores)
 - rate of return to sport (RTS)
 - complication rate



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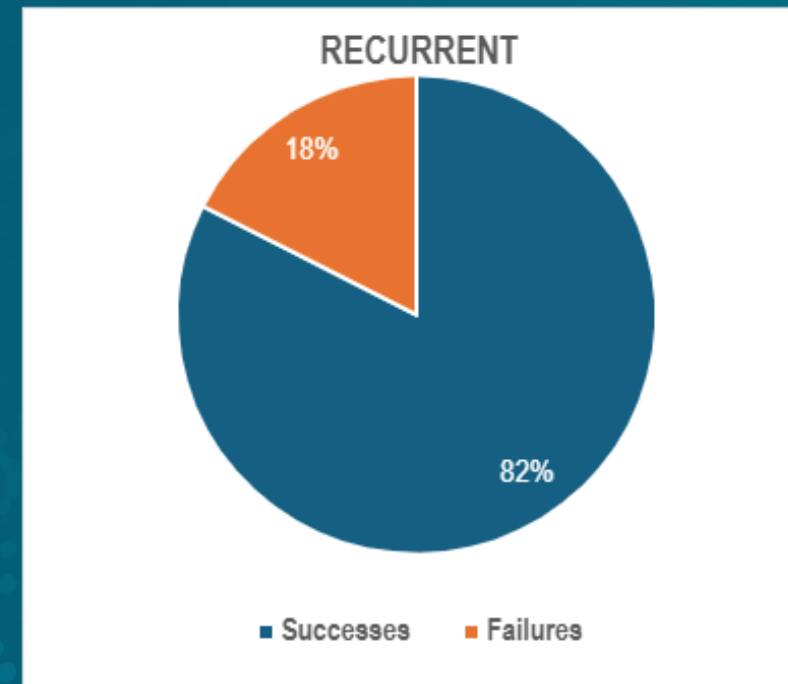


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Results

There were no significant differences in failure rates between 1st time and recurrent dislocators.

- 8 first-time dislocators
- 50% female
- No complications
- Rate of Return to sport: $85.7 \pm 13.23 \%$



- 40 recurrent dislocators
- 70% female
- 5 complications
- Rate of Return to sport: $83.33 \pm 6.21 \%$



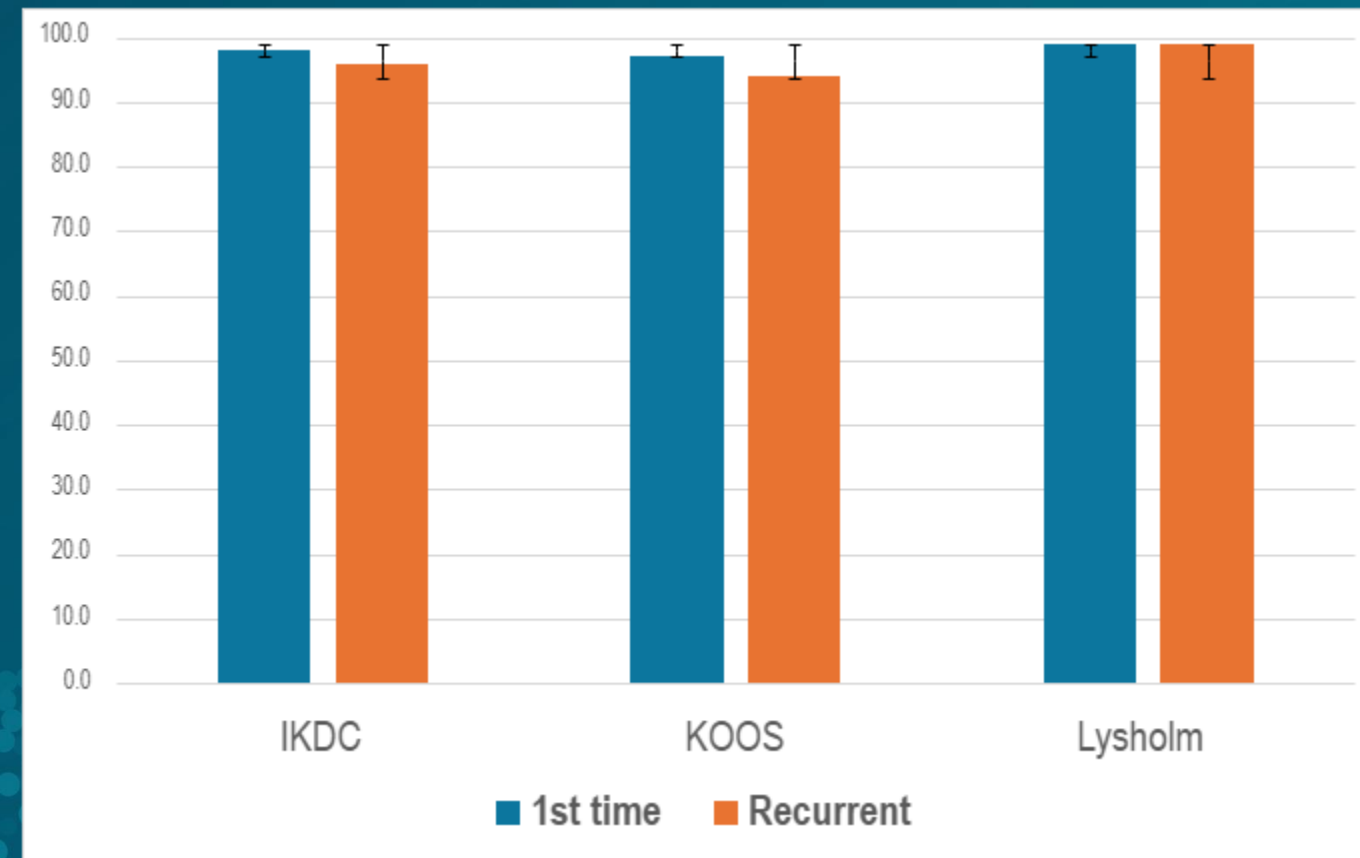
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Results

Both groups reported excellent patient reported outcomes, with no significant differences in IKDC, KOOS, and Lysholm scores.



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Conclusions

MPFL reconstruction after first-time patellofemoral dislocation **did not** demonstrate a difference in **failure rate, patient reported outcomes, or complication rate**, as compared to MPFLr performed on children and adolescents with recurrent dislocations.



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References

Reikersdorfer K, Wright C, Jayne C, Federico S, Grottkau B, Paschos N. Combined Medial Patellofemoral Ligament and Medial Quadriceps Tendon Femoral Ligament Reconstruction With Semitendinosus Allograft for Pediatric Patients With First-Time Patella Dislocation Yields Low Failure Rates and Improved Functional Outcomes Compared With Nonoperative Treatment. Arthroscopy. Published online January 30, 2025. doi:10.1016/j.arthro.2025.01.021



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