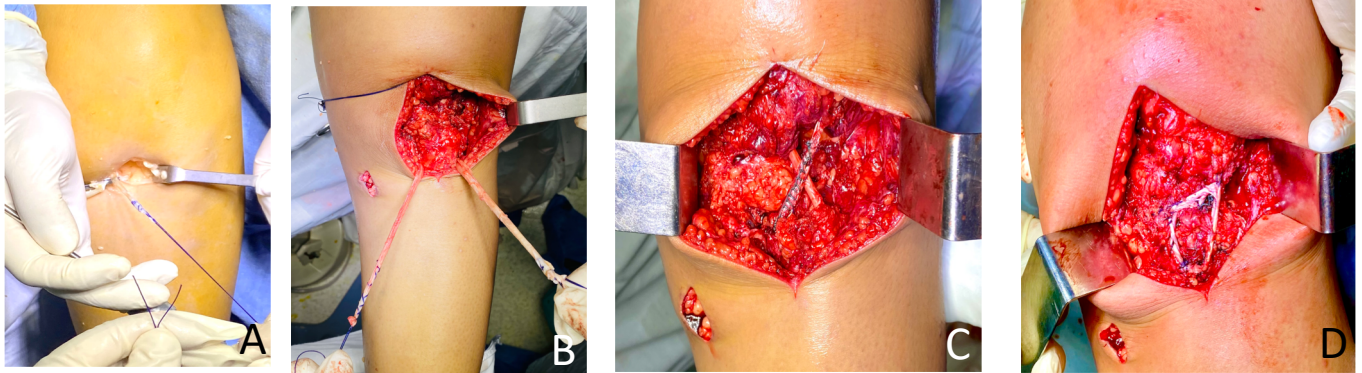


CHRONIC RUPTURE OR THE PATELLAR TENDON: RECONSTRUCTION WITH HAMSTRING GRAFT. A CASE REPORT.

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Introduction

Rupture of the patellar tendon is infrequent in daily but chronic rupture is even rarer since most acute ruptures receive timely treatment. Various techniques for reconstructing chronic ruptures are described in the literature; however, the use of hamstring grafts has proven to be the most effective technique¹.



Results

Six months after the injury, the surgical procedure was performed using an anteromedial inferior approach, obtaining a free hamstring graft (Figure A). A direct anterior knee approach revealed total atrophy of the patellar tendon. Horizontal tunnels were then created at the patellar and tibial levels, through which the free grafts were passed using the X-Wave technique (Figure B). The graft ends were secured with 1/0 braided polyester suture in a spike configuration (Figure C). Additionally, augmentation was performed around the rupture site with the remaining graft (Figure D). Postoperatively, immobilization with an orthosis was maintained for two weeks to control soft tissue, and full weight-bearing with immediate physiotherapy was initiated (Figure E, F and G).

Discussion

Various techniques for reconstructing the patellar tendon in chronic cases have been described². In our setting, cadaveric grafts are not available, so reconstruction was performed with an ipsilateral hamstring graft using the X-Wave technique, which is reproducible, widely accepted in the literature, and yields excellent functional results with minimal sequelae³.



Conclusion

Chronic patellar tendon injury is extremely rare, as acute injuries are typically repaired surgically in a timely manner. In certain cases, these injuries become chronic, posing a significant challenge for the treating surgeon, who must evaluate different techniques for reconstruction. Reconstruction with a hamstring graft is the best option for addressing this pathology, offering good functional outcomes in the medium and long term.

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