A novel classification/decision making algorithm for PFI based on clinical examination
Florian Dirisamer

more things to know
more things to respect
more things to consider
more things to decide
more things to treat
more potential for mistakes
more potential complications
more confusion
....

but it's still the patella ...

developing an easy tool
simplifying things a bit (covering majority of clinical situations)
based on mainly clinical but also radiological findings
for decision making in PI

the patient needs an expert
I can do that
### Static, Dynamic, Passive

<table>
<thead>
<tr>
<th>Static</th>
<th>Dynamic</th>
<th>Passive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triceps</td>
<td>&gt;60°</td>
<td>0-20° range</td>
</tr>
<tr>
<td>Patella height, leg alignment</td>
<td>Quadriceps</td>
<td>MPFL, Lat. Retinaculum</td>
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</tbody>
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### Clinical Examination

- Perform **Apprehension test** throughout the ROM (0-90°).
- Impression of grade of instability within seconds.

### Grade I

- **X-Ray/MRI**
- **Instability 0-30°**
- Usually insufficiency of passive stabilizers
- **MPFL, R**
- Ev. long leg standing
PI II

- Instability 0-60°
- Insufficiency of passive and often static stabilizers, sometimes Malalignment
- MPFL-R if needed
- Trochleoplasty, bony alignment correction
- Ev. long leg standing
- X-Ray/MRI

PI III

- Instability 0-90°
- Often complex alignment disorder including passive and static stabilizers
- Complex bony alignment correction (fem + tib), MPFL-R if needed
- Trochleoplasty, LRL
- Long leg standing
- X-Ray/MRI
- Torsion measurement

In summary

- Instability 0-90°
- Often complex alignment disorder including passive and static stabilizers
- Complex bony alignment correction (fem + tib), MPFL-R if needed
-Trochleoplasty, LRL
- Simple
- Complicated
- Usually insufficiency of passive stabilizers
- MPFL-R
A novel classification algorithm in PI conclusion.

- Biomechanical knowledge and clinical examination is basis for decision making.
- Algorithm allows quick classification "easy • advanced • expert".
- Exact analysis is key.
- Therapy is always customized.