

Lateral Release and Medial Imbrication

To improve the movement of the patella (kneecap) for patients suffering from patellar tracking disorder, attachments on either side of the patella may be loosened or tightened. This quick procedure is usually performed arthroscopically through one or two small incisions near the patella.

STEP 1

Through the arthroscope, the surgeon cuts the lateral retinaculum. This decreases the lateral pull on the patella, relieving tightness and allowing the kneecap to move correctly within the femoral groove. The surgeon may also use sutures to tighten the attachments on the other side of the knee.

STEP 2

After the surgery, the incisions are closed. Over time, the cut attachment heals by forming scar tissue between the cut ends.

AFTER CARE

Following surgery, crutches may be necessary for several days and physical therapy is prescribed. Complete recovery usually takes six months to a year.



