Tomas Pevny, MD ORTHOPEDIC SPECIALIST



### Patella (Knee Cap) Pain - Patella Realignment

The patella is a flat triangular shaped bone that protects the knee joint and helps muscles move your leg more efficiently. A healthy patella glides up and down a groove at the end of your femur, pain free.



This content is for informational purposes only. It is not intended to represent actual surgical technique or results. The information is not intended to be a substitute for professional medical advice, diagnosis, treatment or care. Always seek the advice of a medical professional when you have a medical condition. Do not disregard professional medical advice or delay in seeking advice if you have read something in this printout. Copyright © 2013, Understand.com, LLC, All Rights Reserved.

### www.drpevny.com

# Tomas Pevny, MD





### Patella Realignment Introduction

The patella is a flat triangular shaped bone that protects the knee joint and helps muscles move your leg more efficiently. A healthy patella glides up and down a groove at the end of your femur, pain free.

#### Doctor's Personal Note: A Message From Dr. Pevny

Thank you for visiting my website and viewing the 3D Animation Library. These animations should assist you in better understanding your condition or procedure. I look forward to answering any additional questions you may have. Please make an appointment by calling (970) 544-1289.



### Conditions

However, there are a number of conditions that can cause pain when your patella moves. Your surgeon will determine which treatment is best for you based on your specific condition.



### Incisions

Small incisions (portals) are made around the joint. The scope and surgical instruments will go into these incisions.

This content is for informational purposes only. It is not intended to represent actual surgical technique or results. The information is not intended to be a substitute for professional medical advice, diagnosis, treatment or care. Always seek the advice of a medical professional when you have a medical condition. Do not disregard professional medical advice or delay in seeking advice if you have read something in this printout. Copyright © 2013, Understand.com, LLC, All Rights Reserved.

### www.drpevny.com

# Tomas Pevny, MD





### Visualization

The scope is inserted into the knee. Saline solution flows through a tube (cannula) and into the knee to expand the joint and to improve visualization. The image is sent to a video monitor where the surgeon can see inside the joint.



### **Misaligned Patella**

This view shows the muscle and tissue that surround the patella. The patella will get off track when the fibrous bands on the side of the patella called the retinacula pull the patella to the side incorrectly.



### Repair

A surgical instrument is inserted into the joint and the band that is pulling incorrectly is cut. When this band is cut, it releases the patella and it allows it to properly glide in its track.

This content is for informational purposes only. It is not intended to represent actual surgical technique or results. The information is not intended to be a substitute for professional medical advice, diagnosis, treatment or care. Always seek the advice of a medical professional when you have a medical condition. Do not disregard professional medical advice or delay in seeking advice if you have read something in this printout. Copyright © 2013, Understand.com, LLC, All Rights Reserved.

### www.drpevny.com

### Tomas Pevny, MD ORTHOPEDIC SPECIALIST





### End of Procedure

The surgical instruments are removed and the procedure is completed.

This content is for informational purposes only. It is not intended to represent actual surgical technique or results. The information is not intended to be a substitute for professional medical advice, diagnosis, treatment or care. Always seek the advice of a medical professional when you have a medical condition. Do not disregard professional medical advice or delay in seeking advice if you have read something in this printout. Copyright © 2013, Understand.com, LLC, All Rights Reserved.