

# Patella Dislocation

## How is it Treated?

**Patella dislocation is when your knee cap slides out of the groove that is normally sits within.** This results in pain, swelling and a reduction in strength and function. There are 2 ways this is treated based on the type of dislocation.

### Acute (First Time Patella Dislocation)

When the patella dislocates, injury to the soft tissues of the knee joint occurs. This requires a period of immobilisation and bracing to limit knee movement in extension for up to 3 weeks.

Rehabilitation will then be needed to strengthen your muscles with progressive exercises throughout the lower limb. The clinician managing your rehab will discuss all appropriate options with you.

### Repeated (Recurrent) Patella Dislocation

Although long term conservative treatments will include physiotherapy to improve the general conditioning of your lower limb and trunk musculature, after a second dislocation further repeated events become much more likely. Surgery may therefore be an appropriate option for a recurrent dislocating patella.

If it has been decided that surgery is necessary to manage your condition there are different options that can be used and will depend on your specific injury. These options will be discussed with you by your surgeon.