Abstract

Title: Outcome analysis of Quadricepsplasty in stiff knee

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Background:

Extension contracture or stiff knee is a complication of fracture femur and tibia, particularly in the periarticular area. Adequate knee flexion may not be possible if proper postop rehabilitation was not done. After a fracture in the periarticular area around knee joint, early fixation of fracture and range of motion exercises should be started as early as possible. In our study we have analysed the outcome of three techniques of quadricepsplasty namely Thompson’s, Judet’s, V-Y lengthening quadricepsplasty of rectus femoris.

Aims and objectives:

To assess the functional outcome and improvement in range of movement from preoperative through peroperative to postoperative range of movement.

Materials and methods:

This is a retrospective and prospective study done during the period of August 2014 to September 2016 in Institute of Orthopaedics and Traumatology, Rajiv Gandhi Government General Hospital and Madras Medical College, Chennai. 13 patients of stiff knee were taken up for study after thorough evaluation clinically and radiologically.

Results:

The mean preop flexion in our study is 14.61°, mean postop flexion is 80° and extension lag noted in 3 patients who have undergone Thomson’s and V-Y quadricepsplasty. No postoperative complication noted in Judet’s technique.

Conclusion:

Quadricepsplasty is undoubtedly one of the rewarding procedures in orthopaedics that improves quality of life and functional outcome in stiff knee. Judet’s technique had fewer postoperative complications compared to other techniques. Aggressive postoperative physiotherapy plays a vital role in achieving good results in quadricepsplasty.