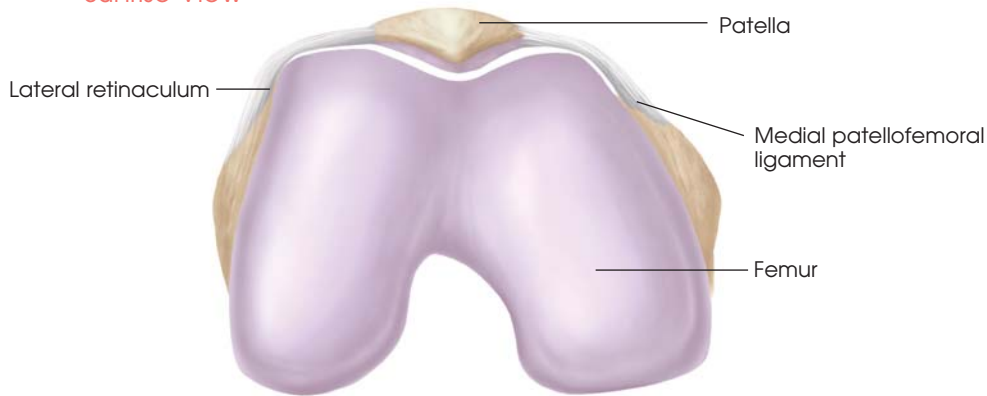
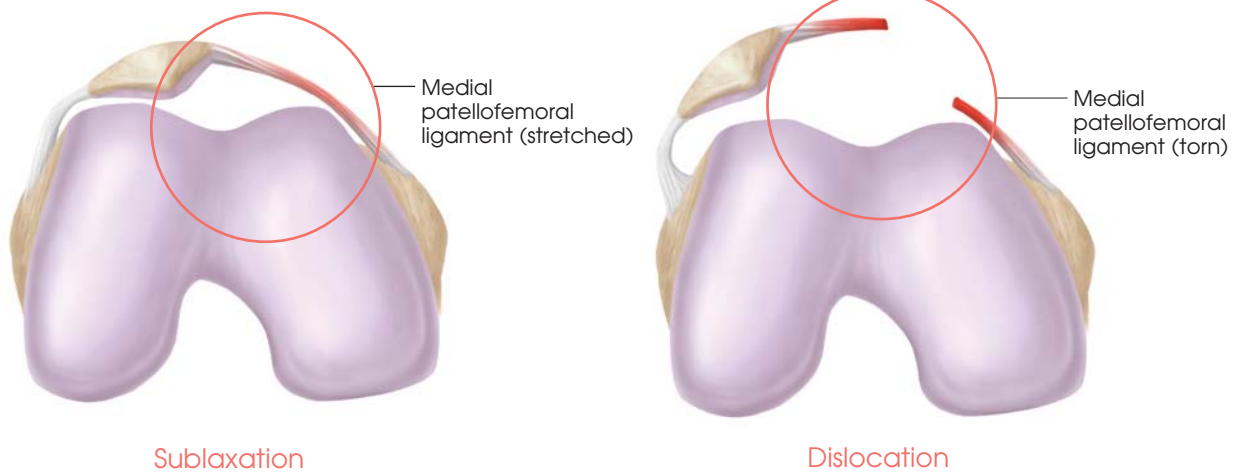


# Patellar (Kneecap) Dislocation

Normal Patella Anatomy:  
Sunrise View



Patella Dislocation



**Patellar Dislocation/Subluxation** occurs when the kneecap jumps out of or fails to slide normally within the groove at the end of the femur. The majority of dislocations go toward the outside part of the knee. Dislocations are usually due to a traumatic event but factors such as hip, thigh, and leg alignment, knee cap shape, muscle strength, and femur anatomy may all play a role regarding risk of injury or recurrence. Symptoms of a patellar dislocation include feeling the kneecap fall out of position, a large pop sensation, weakness when extending the knee, pain, swelling and difficulty bending the knee.

## Common Treatment Options

- Apply ice packs to the knee for 20-30 minutes every 3-4 hours for the first 2-3 days until the swelling decreases.
- Wear a brace to keep the kneecap in place.
- Blood from the knee may be removed to allow the patella to return into place.
- Surgery may be performed in patients with loose pieces of bone or cartilage floating in the knee joint.

