Patella Dislocation

Long term outcome

- Most patella dislocations heal well in the long term.
- Doing your physiotherapy exercises helps makes your muscles stronger, and keeps the kneecap in place. This lowers the chance of it dislocating again.
- Sometimes, the patella may dislocate again. If it does, restart your physiotherapy exercises as soon as possible.
- You may need to see a specialist (paediatric orthopaedic) to decide if surgery is needed.
- Even if surgery is needed, keep doing your exercises to build strength and help your knee heal.

Contact details:

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Review date: **April 2028** Ref: **028/25**

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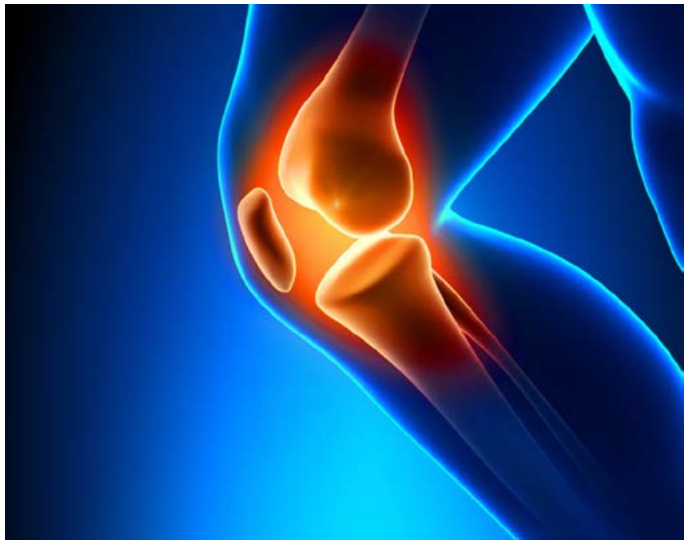
Information for parents and children about

Patella Dislocation



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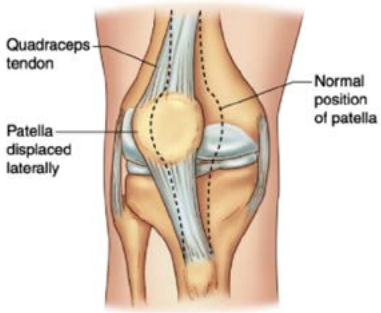
What is Patella dislocation?

- The knee cap (patella) is a small, round bone at the front of your knee. It moves up and down in a groove between the thigh bone (femur) and the shin bone (tibia) when you bend or straighten your knee.
- If you hurt or twist your knee, the knee cap can slide out of this groove. This is called a subluxation (partial dislocation) or dislocation (full dislocation).
- Sometimes, the knee cap goes back into place by itself. Other times, a doctor needs to help. Dislocations can be painful, cause swelling, and make it hard to move your knee.



Immediately after your injury

- Once the knee cap is back in place, you might need an X-ray to make sure the bones are in the right place and that there's no other damage.
- If it's your first dislocation, you might need a brace to keep the knee still for up to six weeks. You can take it off to clean the area, but it must be worn at all times.
- To reduce swelling, keep your leg raised when sitting and use an ice pack on your knee for 10-15 minutes every few hours.
- You may be given crutches for a short time. Walk normally to help your knee heal and keep your muscle strong.
- If this isn't the first time the patella has dislocated, you might not need a brace or cast.

Physiotherapy exercises

After a dislocation, you will see a physiotherapist. But it's important to start exercises right away to make your knee stronger.

Focus on these muscles:

- **Vastus medialis oblique (VMO)**: This muscle is on the inside of the thigh and helps keep your knee cap in place.
- **Gluteal and core muscles**: These muscles help stabilise and control your leg.

Ankle pumps:

- Lying or sitting, pump ankles towards you and away from you.
- You can do this both feet together or alternately. Complete 20 pumps, 3 times a day.

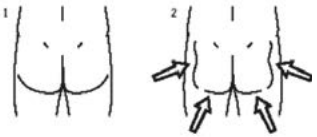
VMO contraction:

- In lying or sitting, squeeze your thigh muscle, pushing your knee down into the bed and try to get your heel to lift.
- Your knee cap should lift slightly and your thigh muscle should tense.
- Hold for 5 seconds, repeat 10 times, 3 times a day.

VMO Straight leg raise:

- Lie down or sit with your foot turned out to the side.
- Push your knee down and straighten it.
- Lift your leg so that your calf is off the bed.
- Hold for 5 seconds, repeat 10 times, 3 times a day.

Gluteal muscles



- It's important to make your bottom muscles strong because they help keep your knee stable.
- When you're standing, sitting, or lying down, practice squeezing your bottom.
- Hold for 5 seconds, repeat 10 times, 3 times a day.

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