

## COA 2011 Abstract Clinical — Resection of IPP for Adolescent AKP

**D 675:** Resection of the Infrapatellar Plica for Adolescent Anterior Knee Pain – Successful Treatment with Long-Term Follow-Up

**Purpose:** This study seeks to demonstrate that in paediatric patients not responding to conservative management for adolescent anterior knee pain (AAKP), arthroscopic release of the infrapatellar plica (IPP) successfully relieves the problem.

**Method:** This is a retrospective study of 23 patients who presented to a general orthopaedic surgeon with 31 symptomatic knees over an 18 year period in three geographic locations. After failure of non-operative management, patients were treated by arthroscopic resection of the infrapatellar plica (release at the femoral attachment). Outcome measurements included the Lysholm Scale and the Activities of Daily Living Scale of the Knee Outcome Survey (KOS). The follow-up period was from 11 months to 15 years, with a mean of 47 months.

**Results:** The KOS scores reflected a good/excellent outcome in 87% (27/31), excellent (19) or good (eight) at follow-up. Lysholm scores increased significantly ( $p < 0.0001$ , paired t-test) from 39.8 (SD 12.9, range 16-68) to 83.2 (SD 15.1, range 42-100). KOS scores also scores increased significantly ( $p < 0.0001$ , paired t-test) from 46.2 (SD 14.5, range 22-72) to 69.9 (SD 15.1, range 34-80)

**Conclusion:** This study describes successful surgical treatment with long term follow-up for what has been a perplexing problem. Appropriate prospective study is warranted.