

Efficacy and experience of arthroscopic lateral patella retinaculum releasing through/outside synovial membrane for the treatment of lateral patellar compression syndrome

Ji-Bin Chen

Wuhan Hanyang Hospital

Dong Chen

Wuhan Hanyang Hospital

Ya-Ping Xiao

CR & WISCO General Hospital

Jian-Zhong Chang

CR & WISCO General Hospital

Te Li (✉ xypambition@foxmail.com)

General Hospital of Central Theater Command

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Abstract

Objective: To investigate the method and effect of arthroscopic lateral patella retinaculum releasing (LPRR) either through or outside synovial membrane for the treatment of lateral patellar compression syndrome (LPCS).

Methods: From September 2014 to December 2017, 125 patients with LPCS underwent arthroscopic LPRR either through or outside synovial membrane combined with joint debridement. In the outside synovial membrane (OSM) group, synovial membrane was retained. In the through synovial membrane (TSM) group, The synovial membrane was cut open. Active rehabilitation training was conducted after surgery. Before and after surgery, Lysholm score, patella medial shift, Kujala score, VAS score and surgical complications were evaluated and compared.

Results: All patients in this study were followed up for 1.5-5 years. All patients had significant reduction in knee pain and improved function after 1 month and 1 year. The Lysholm score, the distance of patella medial shift, the Kujala score, and the VAS score in the OSM group and the TSM group were significantly improved in the final follow-up compared with before surgery ($P < 0.001$), but these observed targets before surgery and at the last follow-up between the two groups were compared with no statistical differences. However, the number of occurrences of joint hematoma and adhesion was significantly higher in the TSM group than the OSM group ($P = 0.024$).

Conclusion: Arthroscopic closing LPRR for the treatment of LPCS can effectively improve the function and symptoms of the patellofemoral joint with the advantages of small trauma, rapid recovery and less complications. But, the number of occurrences of hemarthrosis and joint adhesion in the TSM group were significantly higher than those in the OSM group.

Background

Lateral patellar compression syndrome (LPCS) is a disease of musculoskeletal disorder with pathological manifestations of the increased lateral patellofemoral joint pressure, which is caused by long-term lateral tilt of the patella, adaptive tightening of the lateral patella retinaculum (LPR), and long-term stress imbalance of the medial and lateral articular surfaces. The main clinical manifestations are patellofemoral joint pain, abnormal patella trajectory and articular cartilage injury [1, 2]. LPCS has become one of the main causes of anterior knee pain [1]. At present, the prevalence of anterior knee pain in the whole population is as high as 8.5%-17.0%, but women are obviously higher than men[3, 4].

There are many methods for the treatment of LPCS [2]. Many studies have confirmed the effectiveness of lateral patella retinaculum releasing (LPRR), extension of LPR, and lateral patelloplasty [2, 5, 6]. However, the gold standard correction surgery currently for LPCS has not been determined. Among them, the LPRR was the most widely used. In 1974, Merchant et al [7] proposed the LPRR for the treatment of LPCS. Nowadays, there are more and more clinical applications of LPRR. The methods of the release include

open incision, arthroscopic assisted incision and arthroscopic closure [8-10]. Currently, the most widely used is arthroscopic closing release.

Arthroscopic closure release includes arthroscopic LPRR either outside synovial membrane (OSM) or through synovial membrane (TSM) combined with joint debridement. At present, there is no research to compare the clinical efficacy of the above two methods. So, the goal of this study was to investigate the method and efficacy of arthroscopic LPRR either OSM or TSM combined with joint debridement for the treatment of LPCS and compared the overcomes between arthroscopic LPRR OSM and TSM to find out which of the two methods is superior. Active rehabilitation training was conducted after surgery. Before and after surgery, Lysholm score, patella medial shift, Kujala score, VAS score and surgical complications were collected and evaluated.

Methods

This study was a prospective study. The authors performed the arthroscopic LPRR OSM or TSM combined with joint debridement in 125 patients with LPCS from September 2014 to December 2017 (Figure 1). The method of simple random sampling was used to randomly divide the cases into the arthroscopic LPRR OSM group (OSM group) or TSM group (TSM group). Data collectors were blinded to the treatment assignment when collecting any of the outcomes. This study was approved by the institutional review board (IRB) of the authors' hospitals, and informed consent was obtained from all patients.

Inclusion and exclusion criteria

Inclusion criteria were as follows: 1 The symptoms of anterior knee pain of LPCS in the unilateral knee joint were not significantly relieved after 3-6 months of standardized non-surgical treatment; 2 Preoperative examination showed that the LPR was tightened; 3 Imaging examination prompted the patella tilt to the outside and the Q angle was normal. Exclusion criteria were as follows: 1 Patients had the history of dislocation or subluxation of the patella or excessive Q angle ($>20^\circ$); 2 Severe patellofemoral arthritis were not suitable for LPRR alone; 3 Other diseases were not suitable for surgery treatment.

There were 66 cases of 23 males and 43 females in the TSM group, aged 16-65 years, with an average age of 48.3 years. There were 32 cases in the left knee and 34 cases in the right knee. The medical history was 6-29 months, with an average of 18.5 months. Thirty cases had traumatic history. Arthroscopic articular cartilage injury was assessed according to Outerbridge classification [11]. Grade I-II was in 51 cases, grade III in 10 cases, and grade IV in 5 cases. There were 21 cases of meniscus injury, 10 cases of synovial fold hyperplasia, and 8 cases of free body (Table 1).

There were 59 cases in the OSM group, including 18 males and 41 females. The age ranged from 17 to 66 years, with an average age of 49.2 years. There were 28 cases in the left knee and 31 cases in the right knee. The medical history was 7-29 months, with an average of 19.1 months. Twenty-seven cases had

traumatic history. Outbridge classifications were as follows: Grade I-II was in 45 knee, III 8 knee, and IV 6 knee. There were 20 cases of meniscus injury, 8 cases of synovial fold hyperplasia, and 8 cases of free body (Table 1).

Surgical techniques

The patient was placed supine, and the tourniquet was tied at the base of the thigh. The affected limb drooped at the bedside or at the end of the bed after continuous epidural anesthesia. Conventional anterolateral portal (AL), anteromedial (AM), superolateral portal (SL) and superomedial portal (SM) were used. The AL approach was used for comprehensive examination of the joint cavity, and then used to conduct patelloplasty of the degenerated articular surface, clean the hypertrophic inflammatory synovial tissue and synovial fold between the patellofemoral joint, trim the ruptured meniscus and remove the free body and unstable cartilage fragments. The relationship between the patella and the lateral femoral condyle and the cartilage changes of the lateral patella articular surface were observed during the flexion and extension of the knee joint to determine the location and extend of the LPRR. The TSM group entered the release knife through the AL approach, and the AM or SM approach under arthroscopy were used to monitor the cut of the synovial membrane, joint capsule and LPR layer by layer at 1 cm from the outer and upper margin of the patella. The LPRR was cut longitudinally from the proximal end to the distal end. The superficial fascia was cut to the subcutaneous tissue until the patella returned to its normal position. Satisfactory release should allow the patella to move more than 12mm inward and tilt the patella to 90 degrees. The range of release usually includes the shallow and deep layer of LPR and partial fibrous joint capsules, part of the lateral femoral muscles and the partial structure of iliotibial band patella attachment point. To prevent postoperative bleeding, a dedicated gasification ablation electrocautery was used to cut and stop bleeding. The surgeon flushed the joint cavity, pressed the lateral edge of the patella with a small piece of gauze, and then pressed the elastic bandage to slightly displace the medial side of the patella. In the OSM group, the surface of the LPR was bluntly separated through the SL and AL approaches to form a cavity for arthroscopic operation on the surface of the LPR. The electric burner was used to remove the LPR, partial fibrous joint capsules, the partial lateral femoral muscles and the partial structure of iliotibial band patella attachment point. And the synovial membrane was retained. The range of release extends were down to the tibial tuberosity and up to the tendon junction of the lateral femur and rectus femoris. The drainage tube was placed at the release point, and there was no need to place drainage in the joint cavity.

Postoperative management

The drainage tube was removed at 24-48h after surgery. The quadriceps muscle strength training, patella medial pushing training and progressive knee joint activity training were started under the support protection at 48h after surgery. The knee joint activity was controlled within 0-90 degrees within 2 weeks after the operation, and the knee joint activity increased to 0-120 degrees within 3-4 weeks. After 4 weeks, comprehensive activity training and muscle strength training were started, and normal activity was resumed after the fully restoration of the range of motion and muscle strength.

Evaluation of clinical curative effect

Each patient was followed up by telephone or outpatient visit every month after surgery and every 3 months after 3 months after surgery. Lyshohn score (excellent: greater than 90 points, good: 80-90 points, better: 70-79 points, poor: less than 70 points), medial shift of patella, Kujala score, VAS, and surgical complications were used and evaluated for efficacy evaluation[6, 12-15].

Statistical analysis

All statistical analyses were performed using SPSS 13.0 statistical software (SPSS, Chicago, IL, USA). Measurement data were expressed as mean \pm standard deviation, and t test and paired z test were used for statistical analysis. The frequency of complications was analyzed using Chi Square with Yates Correction and the Fisher's Exact test. G*Power 3.1.9.2 software (<http://www.gpower.hhu.de/>) was used for statistical power analysis. $P \leq 0.05$ was considered statistically significant.

Results

In the TSM group, all patients were followed up for 1.5-5 years, with an average of 3.4 years. Sixty-six patients had up and down stairs pain and squat down pain before surgery. Anterior knee pain was significantly reduced or disappeared in all patients 1 month after surgery. In 1 year after surgery, 55 (83.3%) of the patients were able to go up and down the stairs normally and 11 cases had pain when going up and down stairs and the function was slightly limited. 51 cases of anterior knee pain were basically disappeared at 1 year after surgery, and 15 cases had occasional pain. Lysholm scores were as follows: 44 cases were excellent, 12 cases good, 7 cases better, and 3 cases poor. The effect of LPRR alone in 3 cases of severely damaged articular cartilage was poor, but the pain was relieved to some degree. The excellent rate was 84.8%. Five patients had haemarthrosis in the postoperative period, and the symptomatic treatment such as puncture and drainage was improved. Three cases of joint adhesion were relieved after manual loosening. None infection, deep vein thrombosis and other complications were observed. The Lysholm scores were 77.4 ± 2.7 before surgery and 94.3 ± 3.4 at the last follow-up, and the difference was statistically significant ($P < 0.05$). The medial pushing distances of patella were 0.76 ± 0.21 before operation and 1.25 ± 0.27 cm at the last follow-up ($P < 0.001$). The Kujala scores were 60.4 ± 8.6 before surgery and 84.5 ± 9.2 points at the last follow-up ($P < 0.001$). The VAS before operation and at the final follow-up were 7.5 ± 2.5 (5-10 points) and 2.3 ± 1.3 (0-4 points) ($P < 0.001$) (Table 2).

All cases in the OSM group were followed up for 1.5-5 years with an average of 3.5 years (Figure 2). Fifty-nine patients had up and down stairs pain and squat down pain before surgery. Anterior knee pain was significantly reduced or disappeared in all patients 1 month after surgery. In the first year after surgery, 50 (84.7%) cases were able to go up and down the stairs normally, and 9 cases had pain when going up and down stairs and its function was slightly limited. 50 cases of anterior knee pain were basically disappeared at 1 year after surgery, and 9 cases had occasional pain. Lysholm scores had excellent in 43 cases, good in 8 cases, better in 6 cases, and poor in 2 cases. The effect of LPRR alone in 2 cases of severely damaged articular cartilage was poor, but the pain was lower than before. The excellent rate was

86.4%. None postoperative complications such as infection, joint adhesion, joint hematoma, and deep vein thrombosis occurred. The Lysholm scores were 76.7 ± 2.8 before surgery and 95.4 ± 3.5 at the last follow-up, and its difference was statistically significant ($P < 0.05$). The medial pushing distances of the patella were 0.78 ± 0.23 cm before operation and 1.28 ± 0.19 cm at the last follow-up ($P < 0.001$). The Kujala scores were 60.7 ± 8.7 at preoperation and 84.2 ± 8.9 at the final follow-up ($P < 0.001$). The VAS scores were 7.4 ± 2.4 (5-10) before surgery and 2.1 ± 1.2 (0-4) points at the final follow-up ($P < 0.001$) (Table 2).

There were no significant differences of Lysholm rating and scoring, medial pushing distance of patella, Kujala score, and VAS before surgery and at the last follow-up between the OSM group and TSM group ($P > 0.05$, respectively). However, the number of occurrences of joint hematoma and adhesion was significantly higher in the TSM group than the OSM group ($P = 0.024$, Table 2).

Discussion

All cases in this study were followed up for 1.5-5 years. All patients had significant reduction or disappearance of anterior knee pain at 1 month and 1 year after surgery. The Lysholm score, medial pushing distance of the patella, Kujala score, and VAS in the OSM group and the TSM group were significantly improved at the last follow-up than before surgery ($P < 0.05$). Five patients had hemarthrosis postoperatively in the TSM group, and comprehensive treatments such as rest, local compression bandaging, ice compress, raising the affected limb, puncture and drainage of joint cavity, and plaster or brace bracing were managed for those patients. All the patients were all relieved and returned to normal. After the symptoms were relieved, functional exercise was restored. Three cases of joint adhesion in the TSM group and 1 cases in the OSM group were relieved after manual loosening. None infection, deep vein thrombosis and other complications were observed in the TSM group. No postoperative complications such as infection, joint hematoma, and deep vein thrombosis occurred in the OSM group. Arthroscopic closing LPRR for the treatment of LPCS can effectively improve the function and symptoms of the patellofemoral joint. It has the advantages of small trauma, rapid recovery and less complications. But, the *number of* hemarthrosis and joint adhesion were significantly higher in the TSM group than in the OSM group.

Under normal circumstances, the commissure relationship between the patellofemoral joint has good adaptability. When the normal anatomical alignment of patellofemoral joint was disturbed due to various reasons, the muscle strength around the patella will be unbalanced and the LPR will be contracted, resulting in abnormal patella trajectory and abnormal contact of the patellofemoral joint surface during knee flexion and extension. The stress in local articular surface of patella will be increased and the inner and outer pressure distribution will be uneven, which causes damage to secondary articular cartilage [1]. As time goes on, cartilage damage will be aggravated and pain in the knee will be produced, which develops into LPCS. Therefore, arthroscopy could directly measure cartilage contact pressure during surgery to guide the precise release of LPR, which can balance the stress inside and outside of the patellofemoral joint to reduce further cartilage degradation postoperatively. In this study, there were 30

and 27 cases of traumatic history in the TSM group and the OSM group respectively. So trauma was an important cause of LPCS.

Researchers first proposed that the LPR should be released for the cause of this disorder, so that the laterally displaced patella returns to its normal position, and the pressure between the patellofemoral articular cartilage tends to be balanced [16]. The release method includes three types: incision, arthroscopic assisted incision, and arthroscopic closure releasing [14, 17]. The first two methods need to open the patellofemoral joint, and its wound is large. Although it can directly look at the site of the LPRR, it cannot directly look at the improvement of the relationship between the patellofemoral joint during the release process, and often causes insufficient or excessive release to affect the prognosis.

Closed release LPR under arthroscopy could directly observe the change of the patella position, adjust the location and extent of the release, and not need to suture locally[18]. After the surgery, the elastic bandage was pressure-wrapped and fixed in the slightly medial displacement of the patella, which can prevent the formation of blood and hemarthrosis. Besides, early active rehabilitation training for patients after LPRR will significantly improve efficacy and prevent postoperative re-adhesion. Patients in the TSM group and the OSM group were followed up for an average of 3.4 and 3.5 years without serious complications. The position of the patella was basically normal. 3 and 2 cases respectively in the TSM group and the OSM group with severely damaged articular cartilage were not working well. So, patients with Outerbridge grade IV of patella are not suitable for arthroscopic LPRR treatment alone.

Fulkerson et al [19] found that LPRR can effectively correct the lateral patella tilt by CT scan before and after surgery. In the TSM group, the synovium, joint capsule and LPR were cut apart under arthroscopy from the joint, resulting in partial synovial membrane loss, which easily caused intra-articular hemorrhage and joint adhesion that affect the surgical effect. The biggest feature of the OSM group is to retain the synovial membrane, which can reduce joint hemorrhage and postoperative adhesion due to the intact synovial membrane. Therefore, we found that the incidences of joint hemorrhage and joint adhesion were significantly higher in the TSM group than in the OSM group.

The advantages of closed LPRR under arthroscopy are as follows: ☐ Small trauma is good for quick recovery, rehabilitation and functional exercise. Besides, arthroscopic debridement can be performed under arthroscopy, which can remove the articular cartilage debris, inflammatory factors and calcium salt crystals that cause pain in the knee joint, and remove the swelling and degeneration of the articular cartilage, tearing meniscus, hyperplastic synovial folds and osteophyte, etc. to improve the internal environment of the joint. ☐ Patelloplasty could be performed simultaneously to reduce the impact between the lateral articular surface of patellofemoral joint. ☐ Arthroscopic closed LPRR can dynamically and intuitively observe the patella trajectory, patellofemoral joint contact pressure and the degree of cartilage degeneration of the affected articular surface. Besides, it also can accurately determine the condition and dynamically observe the release effect in time being beneficial to accurate operation.

The surgeons should pay attention to the following points during the operation. ☐ The obvious hyperplasia and deformation of the lateral patella should conduct patelloplasty. ☐ The osteophyte of the

patella trajectory should be removed; ☒ Hemostasis using arthroscopic electrocoagulation needs to be thorough to reduce the risk of blood in the joint and accelerate postoperative recovery. ☒ The scope of release should be thorough. Most scholars recommend starting from 1-2 cm of the proximal end of the patella, at least to the antero-lateral entrance. Marumoto et al [20] found that retinacula cut from the inferior third of the vastus lateralis tendon down to the tibial tubercle.

The shortcomings of this study are the small number of cases. In addition, this was not a randomized controlled trial (RCT); the clinicians and patients were not totally blinded to the group assignment. All of these observations need further confirmation in large-sample multi-center prospective randomized controlled trials.

Conclusion

Arthroscopic closing LPRR for the treatment of LPCS can effectively improve the function and symptoms of the patellofemoral joint with the advantages of small trauma, rapid recovery and less complications. But, the number of occurrences of hemarthrosis and joint adhesion in the TSM group were significantly higher than those in the OSM group.

Declarations

Ethics approval and consent to participate

This study was approved by the institutional review board/Ethics Committee of the authors' Hospitals and was conducted in compliance with the ethical principles of the Helsinki Declaration of 1975. Written informed consent was obtained from the patients or their family members.

Consent for publication

Informed consents for all clinical details publication were taken from all the patients.

Availability of data and materials

The data has been entirely included in the manuscript.

Competing interests

No potential conflict of interest relevant to this article was reported.

Fundings

No external funding was received.

Authors' contributions

All authors made substantive intellectual contributions in this study to qualify as authors. L T, C JB and C D designed this study. L T, C JB, C D, X YP and C JZ participated in collecting and analyzing raw materials. An initial draft of the manuscript was written by L T and C D. C JB, X YP and C JZ re-drafted parts of the manuscript and provided helpful advice on the final revision. All authors were involved in writing the manuscript. All authors read and approved the final manuscript.

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Authors' Information

Ji-Bin Chen¹, Dong Chen¹, Ya-Ping Xiao², Jian-Zhong Chang², Te Li^{3*}

1. Department of Orthopedics, Wuhan Hanyang Hospital, Wuhan University of Science and Technology, Wuhan 430050, China
2. Department of Orthopedic Surgery, CR & WISCO General Hospital, Wuhan University of Science and Technology, Wuhan, China.
3. Department of Orthopedic Surgery, General Hospital of Central Theater Command, Wuhan, China.

Abbreviations

LPRR:Lateral patella retinaculum releasing ; LPCS: Lateral patellar compression syndrome ; LPR: Lateral patella retinaculum ; OSM: Outside synovial membrane; TSM:Through synovial membrane; AL: Anterolateral portal; AM: Anteromedial; SL: Superolateral portal; SM: superomedial portal.

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Tables

Table 1 Basic characteristics of patients

Parameter	TSM group	OSM group
Cases	66	59
Gender		
Men	23	18
Women	43	41
Age(Year)	16-65□48.3□	17-66□49.2□
Knee		
Left knee	32	28
Right knee	34	31
Medical history(M)	6-29□18.5□	5-29□19.1□
History of trauma(Cases)	30	27
Outerbridge rating		
I-II	51	45
III	10	8
IV	5	6
Combined meniscus injury	21	20
Synovial fold hyperplasia	10	8
Free body	8	8

Table 2 Comparison of parameters of patients before surgery and at the last follow-up

Parameter	TSM			err	OSM			err
	Before surgery	The last follow-up	Power(1-β prob)		Before surgery	The last follow-up	Power(1-β prob)	
Cases		66				59		
Follow-up time (Year)		1.5-5□3.4□				1.5-5□3.5□		
Lysholm rating								
Excellent		44				43		
Good		12				8		
Better		7				6		
Poor		3				2		
The excellent rate		84.8%				86.4%		
Postoperative						#		0.82
Complications		58				58		
None		5				0		
Hemarthrosis		3				1		
Synarthrophysis	77.4±2.7	94.3±3.4*	1		76.7±2.8	95.4±3.5*	1	
Lysholm score	0.76±0.21	1.25±0.27*	1		0.78±0.23	1.28±0.19*	1	
Medial displacement of patella	60.4±8.6	84.5±9.2*	1		60.7±8.7	84.2±8.9*	1	
Kujala score	7.5±2.5	2.3±1.3*	1		7.4±2.4	2.1±1.2*	1	
VAS								

* Compared with pre-operation, the last follow-up $P < 0.001$

Compared with TSM, the last follow-up $P < 0.05$

Figures

Cases of LPCS and Follow-up period

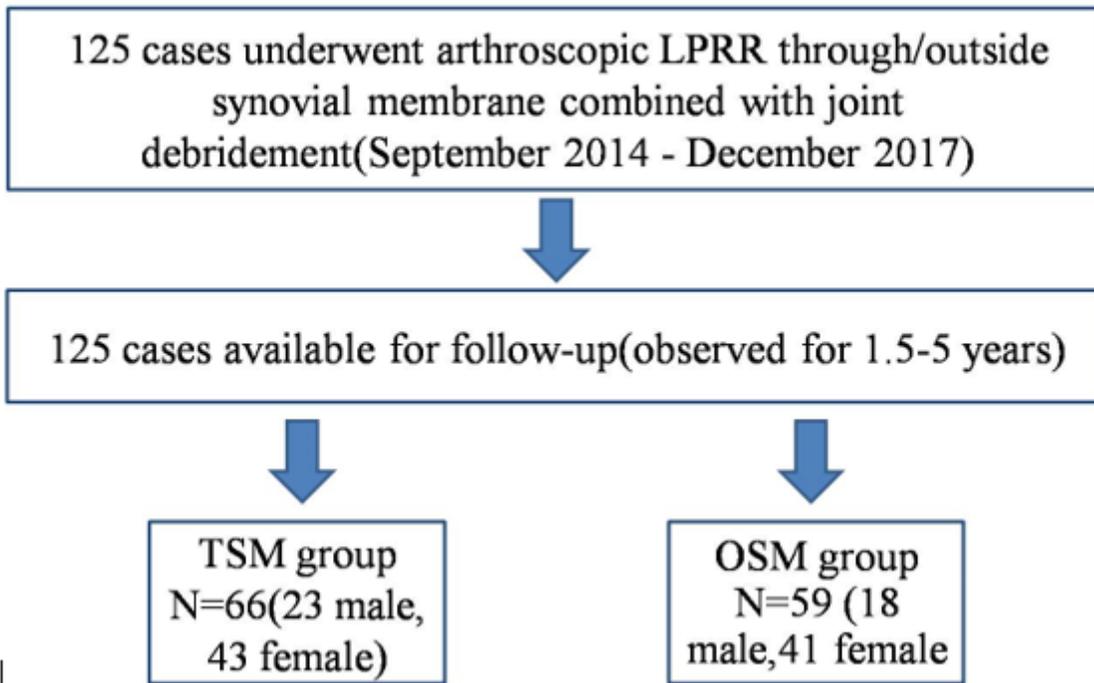


Figure 1

Cases of LPCS and Follow-up period



Figure 2

Comparison of preoperative and postoperative radiographic data of X-ray and CT examination of the ELPS patient. a b Preoperative tangential X-ray imaging and CT tomography showed hook-shaped patella; the lateral space of the patellofemoral joint was significantly narrow and osteophyte formation was obvious. c d Postoperative tangential X-ray imaging and CT tomography showed significant widening of the lateral space of the patellofemoral joint and its medial and lateral space restored to balance; the lateral hook-shaped patella had been shaped into a V-shaped patella; the osteophyte around the lateral patellofemoral joint had been removed and the joint returned to normal.