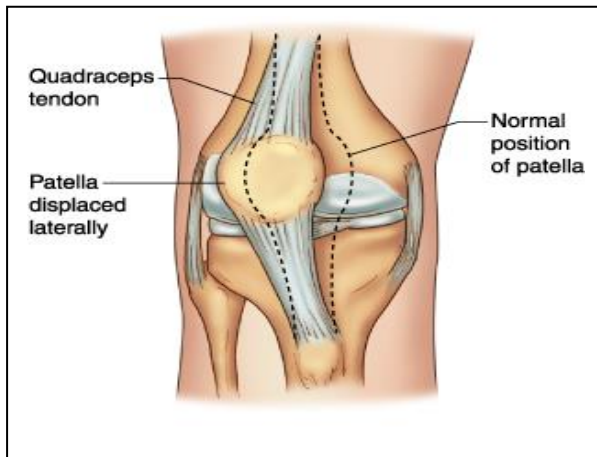


## Patella Dislocation

### What is patella dislocation?



The knee joint is made up of three bones, the thigh bone (femur), the lower leg bone (tibia) and the kneecap (patella). The patella slides up and down in a groove in the thigh bone when the knee bends and straightens. When the patella dislocates it is pulled out of this groove, usually to the outside of the knee joint.

### What is the treatment for patella dislocation?

Sometimes the patella will go back into the groove on its own. If this is the case it is still advisable to seek medical attention. If this does not happen you will need to go to hospital where a doctor can put it back into the groove. You may have a bandage or splint applied to hold your knee straight to allow it time to heal and you may be given crutches to help you walk.

It is normal for your knee to be swollen after your patella dislocates. It is important to **rest** with the leg elevated, especially in the early stages to ease the swelling. You need to limit your activity.

It is normal to have pain and **ice packs** can be used to decrease pain. Wrap frozen peas / crushed ice in a damp, cold towel and place on the knee for up to 20 minutes. If you are in severe pain it may be necessary to contact your GP for **painkillers**.

It is normal for your knee to be stiff, especially if it has been in a bandage or splint for a while. It is important to do regular **exercises** as attached, little and often.

Your whole leg can feel weak and you may feel unsteady when you start to walk. It is important to gradually increase your level of activity within pain and swelling. Your physiotherapist will also advise you on how best to do this.