

DEVELOPMENT OF A NEW METHOD OF SURGICAL TREATMENT OF PATELLOFEMORAL PAIN SYNDROME

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Introduction. Patellofemoral pain syndrome (PFBS) - one of the most frequent symptom in orthopedic practice. According to available statistics, from 18% to 33% of all calls to the Orthopaedic Trauma and sports doctors about the pathology of the knee associated with this syndrome. Creation of modern methods of complex operational and functional-restorative treatment of patients suffering from pathological changes patella-femoral joint, has great scientific and practical importance. Therefore, the development and improvement of the most effective and pathogenetically justified treatment technologies using innovative surgical techniques for injuries and diseases of the knee joint in a complex improvement of trauma care determines the relevance of our research.

Objective: To develop a new method of surgical treatment of patellofemoral pain syndrome.

Materials and methods: It is planned to conduct surgical treatment of the syndrome of patellofemoral pain with the use of «open» technique and with the use of newly developed arthroscopic surgical technique in patients with PFBS.

Results. We have developed a new method of surgical treatment of patellofemoral pain syndrome using arthroscopy with modification. Treatment and monitoring of patients is carried out on the basis of the trauma department Pavlodar city clinic №1. A surgical treatment of 2 patients (2 women, 62 and 71 years) using the method developed by us, and 3 patients by arthrotomy (2 women and a man). Currently monitored for clinical signs of the postoperative period.

Conclusion. When planning treatment strategies specific biomechanical factors must be addressed, as well as lateral displacement and inclination of the patella, which showed a significant increase in the average lateral facet pressure. We have developed a surgical method of treatment which will maximize atraumatic carry out the removal of intraarticular growths at the expressed levels of patellofemoral osteoarthritis, as well as reduce the patella thickness to better reduce the pressure forces and friction in the patellofemoral joint, which leads to prevention of the progression of degenerative changes and reduced clinical manifestations (pain).