

## **Quadricepsplasty for Extension Contracture of the Knee**

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This video demonstrates the anatomic approach and technique for a Judet quadricepsplasty for extension contracture of the left knee. The video discusses the case presentation of a 28-year-old man with flexion and extension contractures of the left knee. The patient had a medical history of anterograde femoral intramedullary nailing, open lateral collateral ligament repair of the left knee, and intra-articular débridement with arthroscopy of the left knee. On physical examination, preoperative knee flexion and extension contractures were approximately 30° and 39°, respectively. Patients may be candidates for quadricepsplasty if physiotherapy or manipulation release fails to result in knee flexion greater than 60° at least 12 months postinjury. A minimum of 110° of knee flexion is preferred in young patients to allow for sufficient ability to walk and perform activities of daily living.