

Indications and Technique: Recession Wedge Trochleoplasty

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This video reviews the indications for a modified recession wedge trochleoplasty. First, a general overview of patellofemoral instability is provided. Factors that contribute to whether isolated medial patellofemoral ligament reconstruction is sufficient are discussed. The importance of the physical examination, especially for diagnosing the presence and severity of the J-sign, is reviewed. Recent research conducted by the lead author of this video is presented, highlighting factors that contribute to abnormal patellar tracking. A case presentation is then reviewed, followed by a demonstration of the technique used for modified recession wedge trochleoplasty. Finally, outcomes from the case presentation and an overview of trochleoplasty outcomes are reviewed.