

## **'Four-in-One' Procedure for Habitual (Obligatory) Patella Dislocation Operative Technique**

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Habitual (obligatory) patellar dislocations are a complex problem that are difficult to treat surgically. There are several anatomic abnormalities involved in the pathology including tight lateral structures, an aplastic trochlear groove, and incompetent medial structures, among others, that need to be addressed in order to fix the issue. Historically, isolated procedures provide inadequate correction and poor results. Because of this, the mainstay of treatment is now combined procedures. In 2007, Joo et al. reported on the use of a 'Four-in-One' procedure with excellent results. Further studies have shown good results using variations of the 'Four-in-One' Procedure. In this video, we demonstrate using a 'Four-in-One' procedure for a 6 year old girl with habitual patellar dislocation. Our variation of the procedure included: 1) lateral release 2) Galeazzi semitendinosus tenodesis 3) Roux Goldthwaite patellar tendon transfer and 4) VMO advancement.