



Orthopaedics: Patella Problems (Audio-Digest Foundation Orthopaedics Continuing Medical Education (CME). Book 34)

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Purpose: Audio-Digest Foundation CME/CE activities are designed to provide its learners “ physicians and other healthcare professionals “ with continuing education that will help identify clinical problems in their practice settings, provide content to help to solve those problems, and increase their application of knowledge to practice.

Audio-Digest Orthopaedics is specifically designed to provide the participant with state-of-the-art information on, including, but not limited to, the diagnosis and management of:

Upper extremity disorders
Fractures
Dislocations
Total joint arthroplasty
Orthopaedic infections
Spinal disorders
Orthopaedic trauma
Tumors of the bone and soft tissues
Sports medicine
Congenital anomalies
Nontraumatic bone and joint disorders
Foot disorders
Nervous system disorders

The goals of this program are to improve management of acute patellar dislocations and increase awareness of the biologic resurfacing options for the patella. After hearing and assimilating this program, the clinician will be better able to:

- 1: List the abnormal x-ray findings associated with acute patellar dislocation (APD) and define the radiographic measurements that help with the management of APD.
- 2: Compare the clinical outcomes (ie, recurrence and degenerative joint disease rates) for the operative and nonoperative treatment of APD based on recent literature.
- 3: Outline the medial patellofemoral ligament reconstruction and tibial tubercle transfer procedures.
- 4: Review the indications for the anteromedialization procedure.
- 5: Summarize the role for microfracture, autologous chondrocyte implantation, and osteochondral allograft transplantation in the treatment of surface lesions of the patella.

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