

Combined staged management of the knee dislocation

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Optimal operative and rehabilitation treatment of the knee dislocation remains controversial. Nowadays, results of the treatment could be affected on the regenerative bio-molecular base with intra-articular application of ACS containing cytokines and growth factors.

We evaluated our experience with staged management of injured patients with accompanied knee dislocation. Upon patient's full evaluation/stabilization and performed knee MRI we proceeded to different staged operative and rehabilitation treatment. In patients with the knee dislocation we found range of combination of different tissue injuries according to Schenck classification. In all patients we performed one to three staged procedure regarding torn structures, and specific individually accelerated rehabilitation process accordingly to the surgical treatment. ACS treatment was performed in a few patients.

Clinical results of this combined management were low levelled in three staged, and good and high levelled in one or two staged treatment, upon 2 years after the last stage was performed. Difference between results in three groups of treated patients were visible but not statistically significant.

Type of the knee injury in association with general clinical status of injured patient dictates timing, type and definitive stage of treatment. ACS injections could enhance results of rehabilitation, but needs to be confirmed in RCT. The best clinical results are fulfilled with one-stage management and it should be the first choice of the knee dislocation treatment.