

Patellofemoral Disorders and Dislocations



Chapter 11

CLASSIC ARTICLE

Author: Outerbridge RE.

Title: The etiology of chondromalacia patellae.

Journal Information: *J Bone Joint Surg Br.* 1961;43:752–757.

Study Design: Cohort Study

- ▶ The author carefully observed and recorded the condition of the patellar cartilage during 196 open meniscectomies.
- ▶ Noted a high frequency of chondromalacia patella, particularly after the age of 30

Results

- ▶ Abnormal patellar cartilage seen in 52% of cases
 - ▷ Rate of abnormal cartilage by age group:
 - » 50% in 24 patients < 20 years old
 - » 35% in 48 patients 20 to 29 years old
 - » 44% in 61 patients 30 to 39 years old
 - » 71% in 42 patients 40 to 49 years old
 - » 72% in 18 patients 50 to 59 years old
 - » 67% in 3 patients 60 to 69 years old
- ▶ Found no relationship between the time or severity of injury and chondromalacia of patella