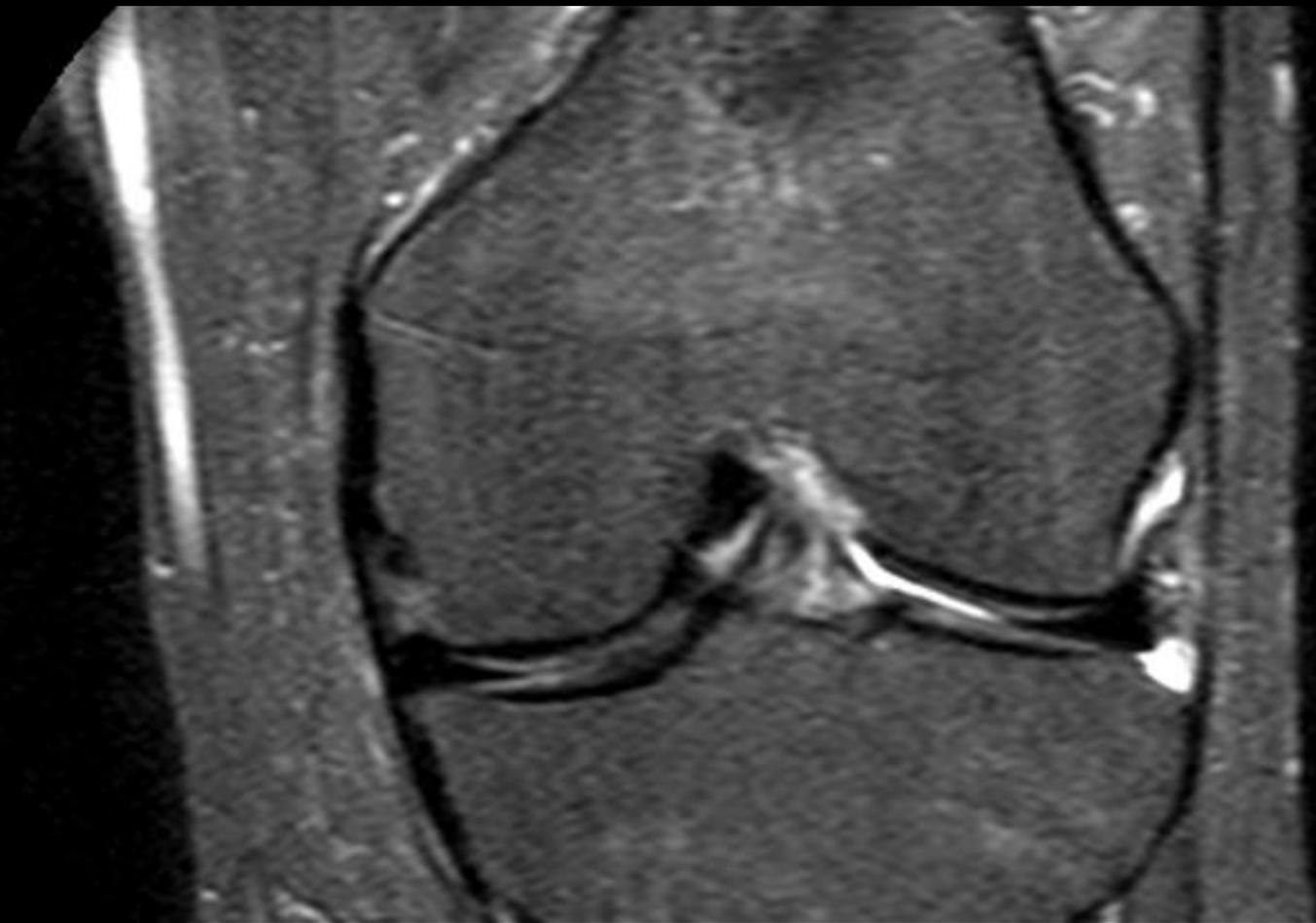


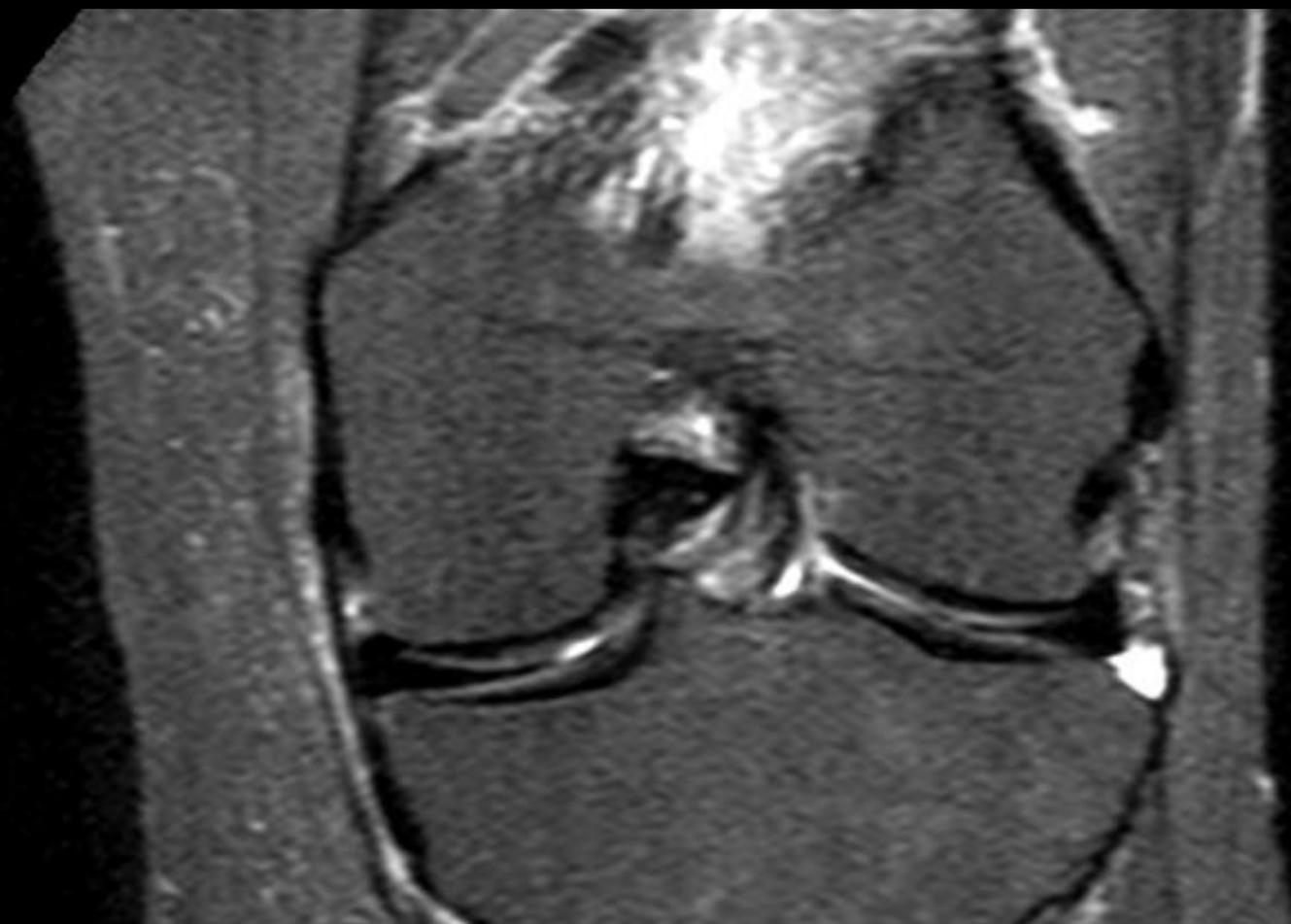


50 year old female with 6 month history of anterior and medial knee pain with popping sensation while doing leg presses

Syed Ali MD



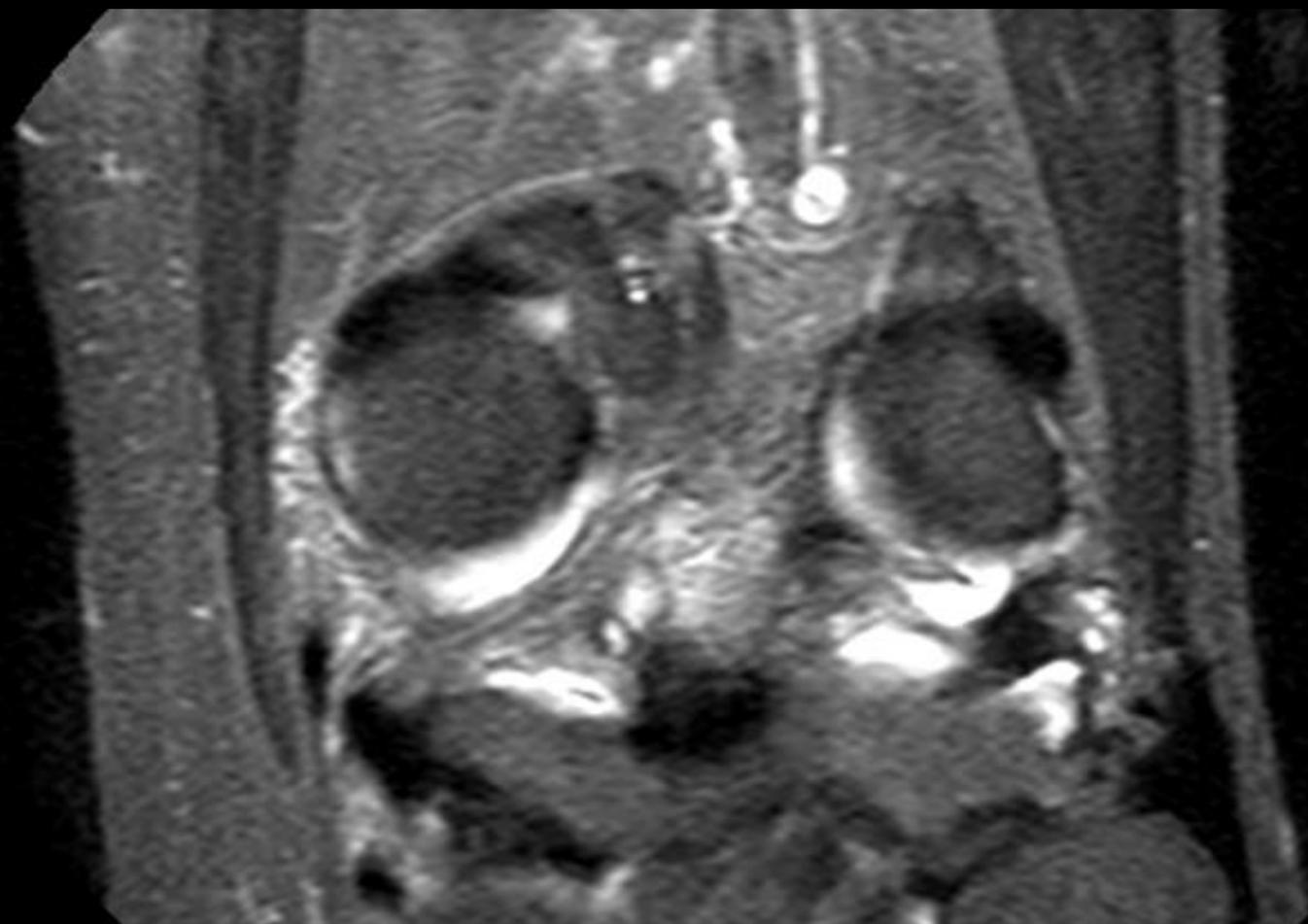


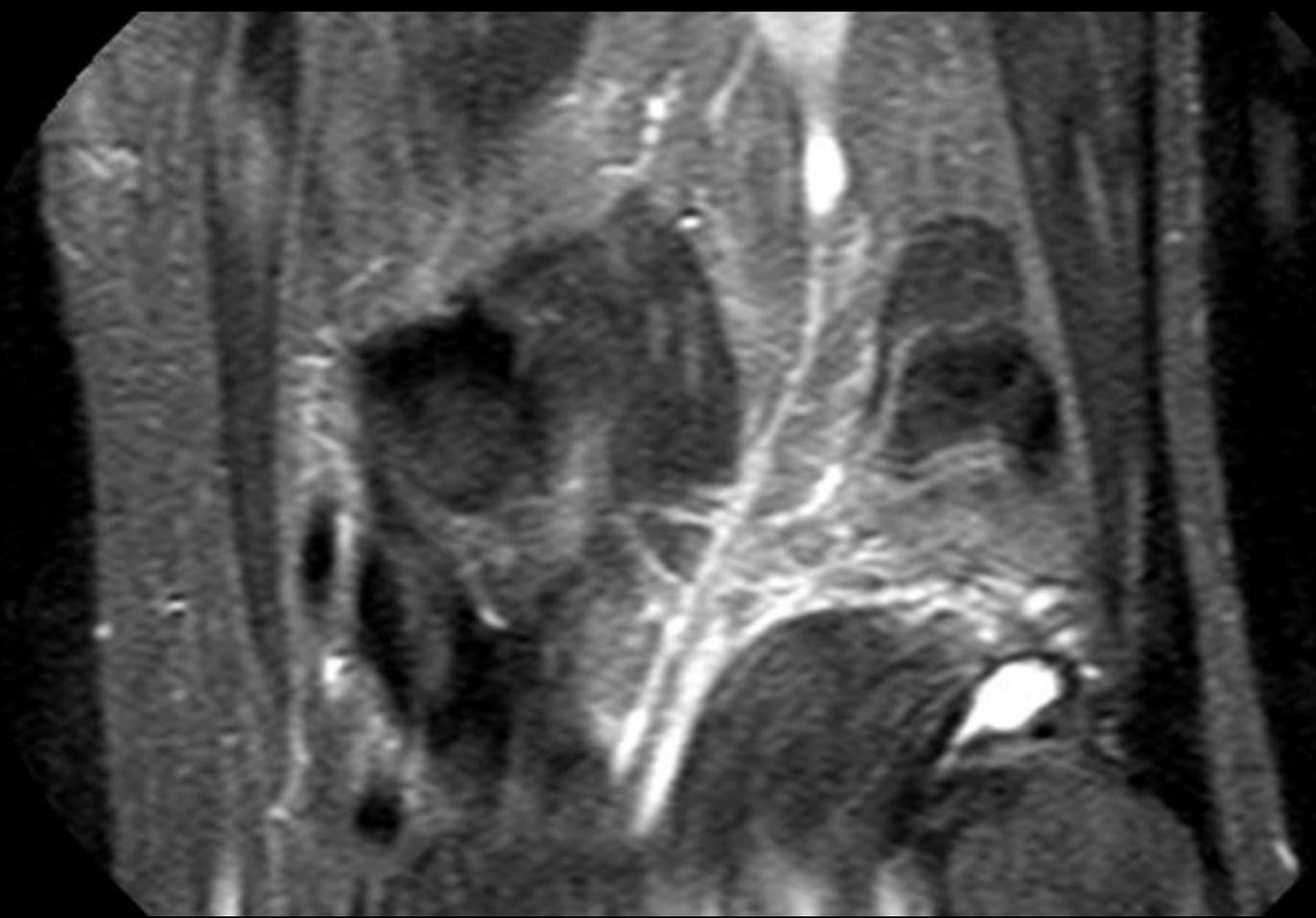


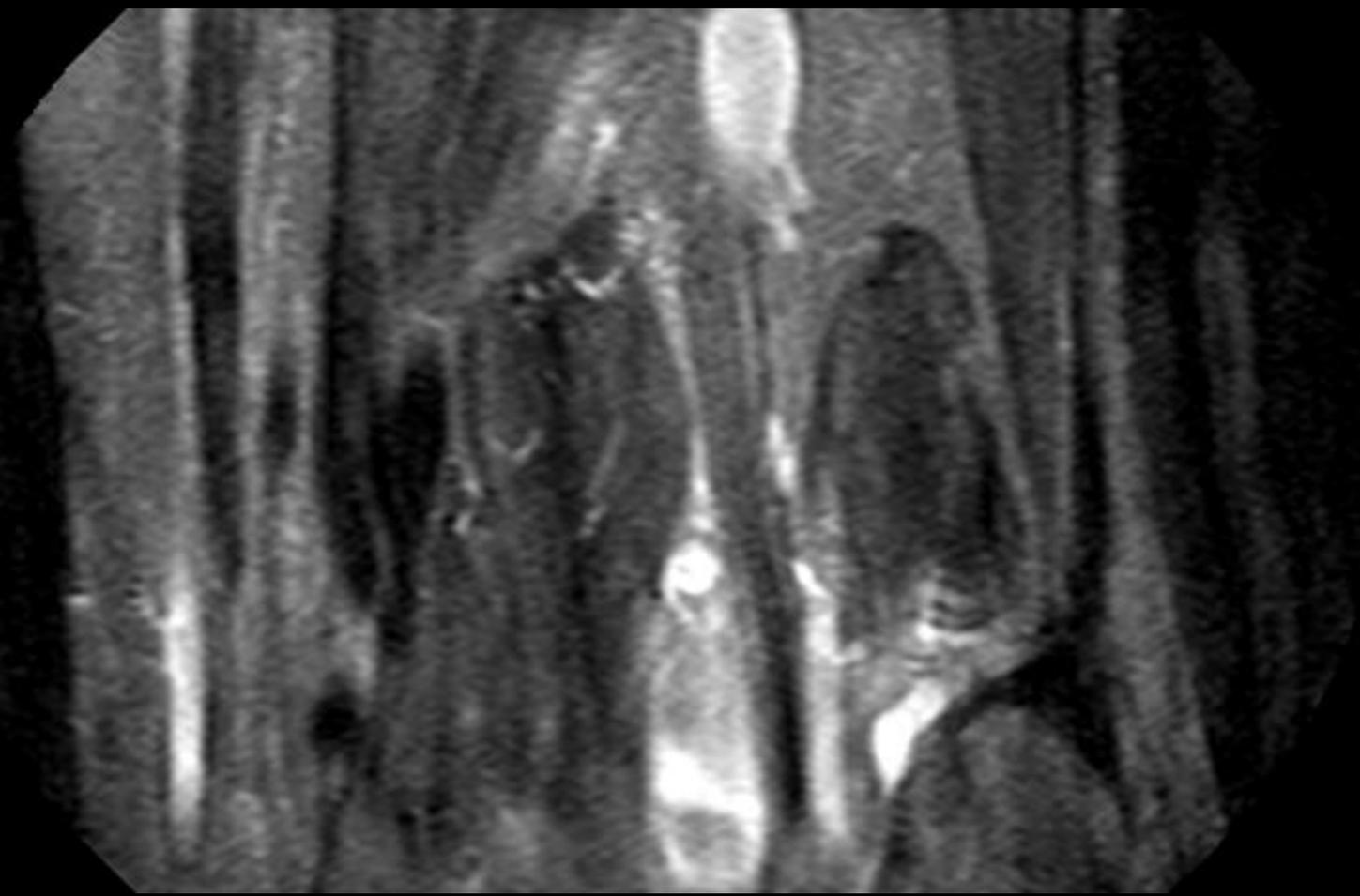




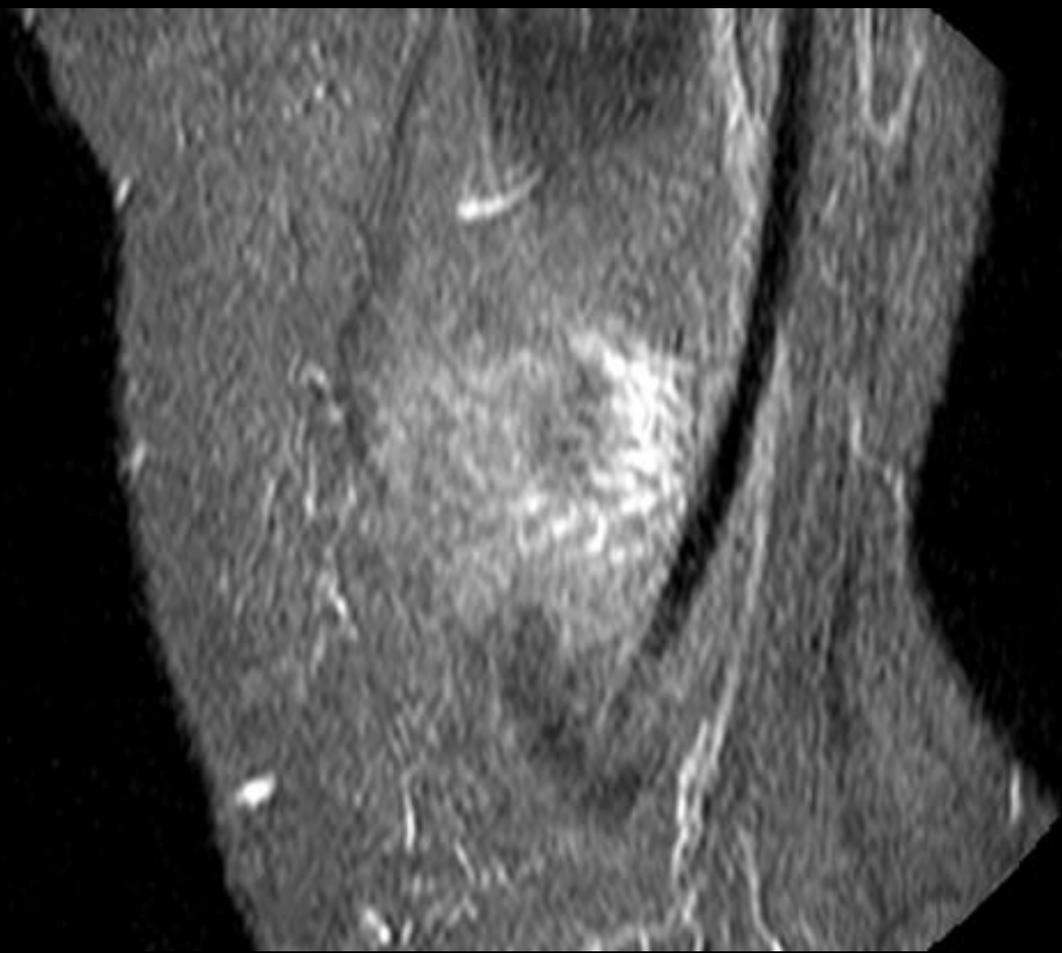


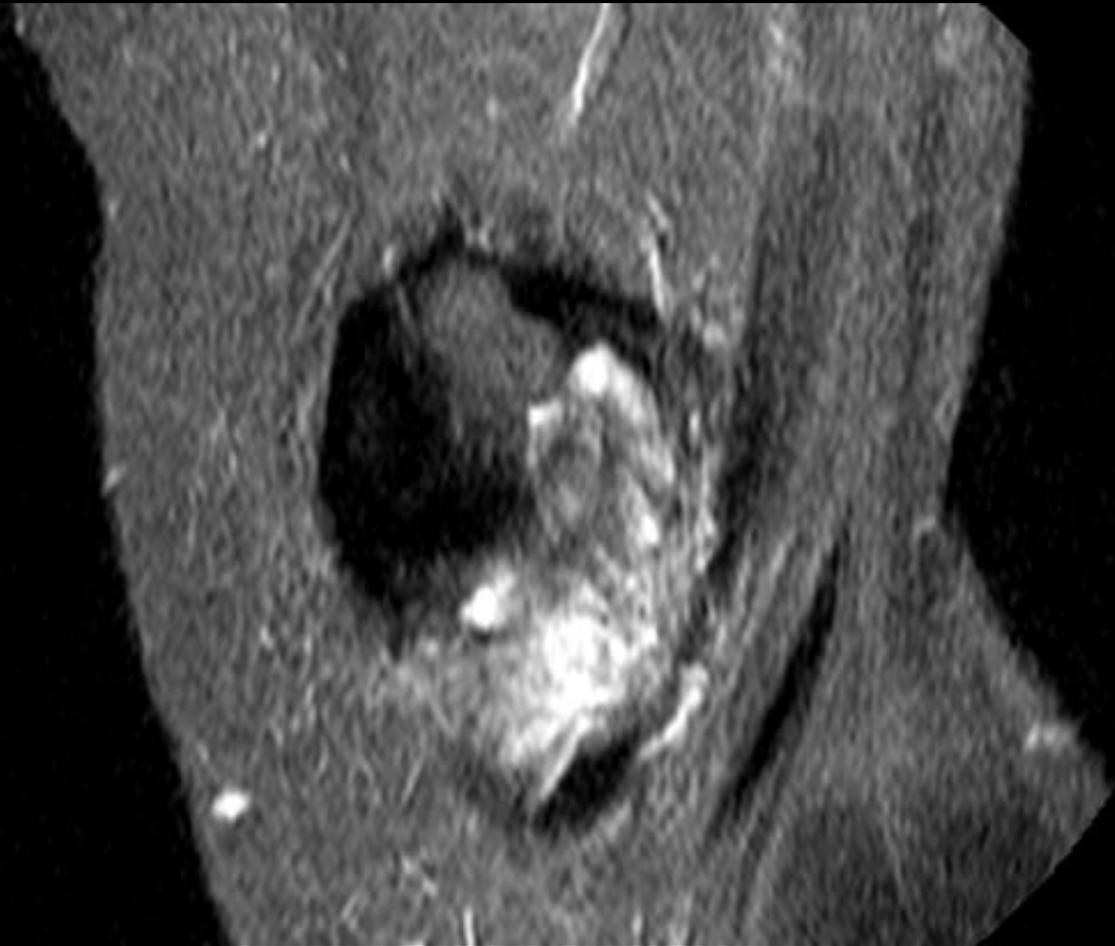


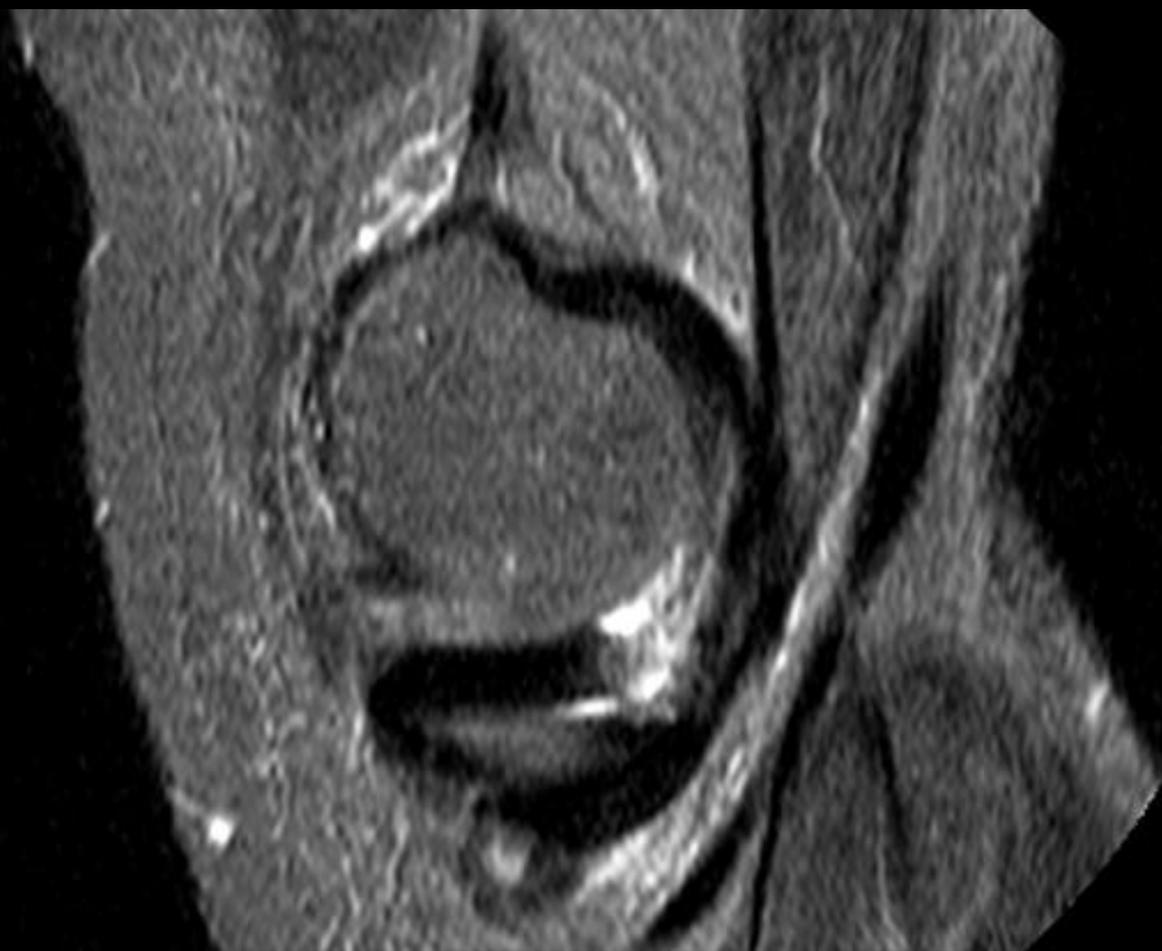




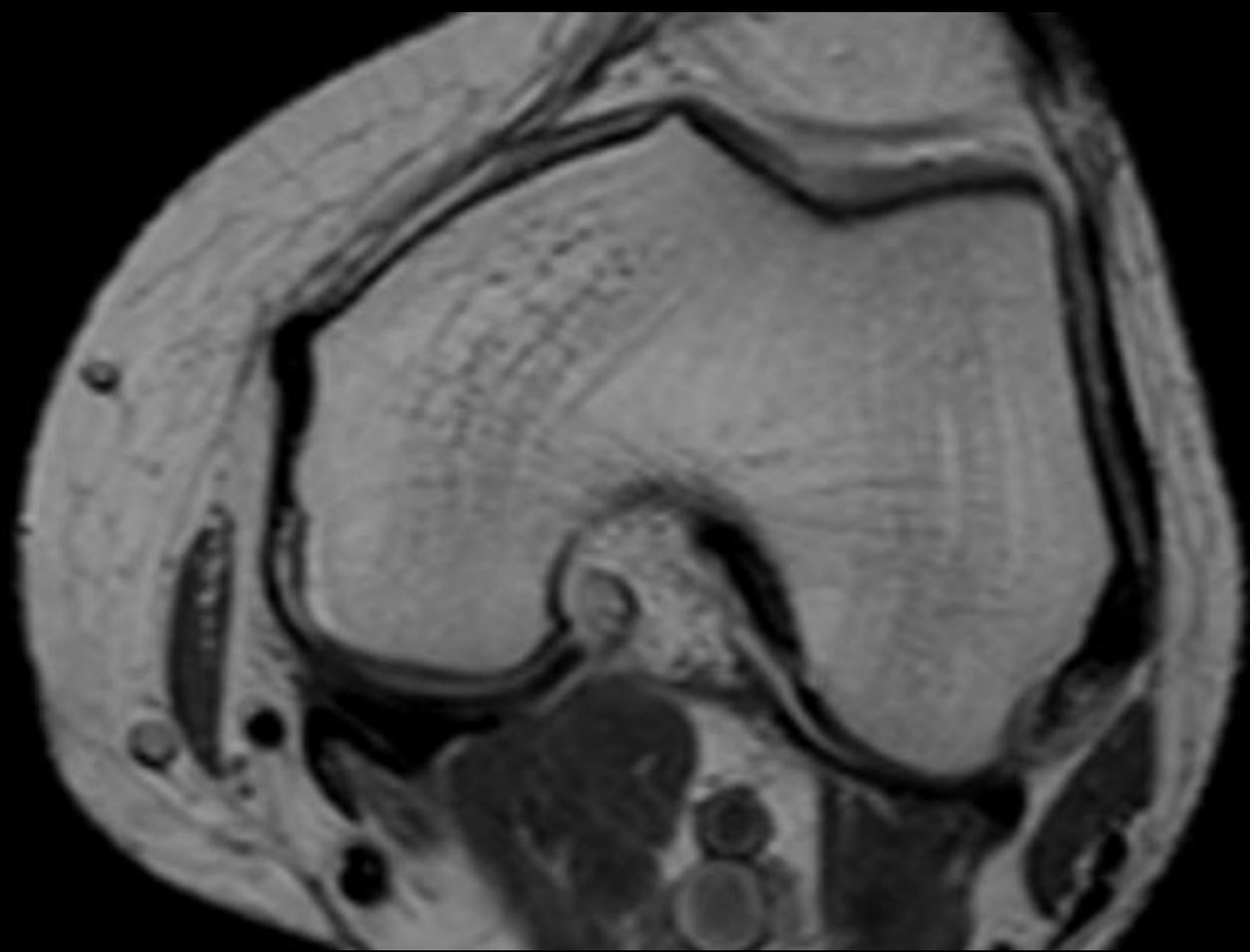


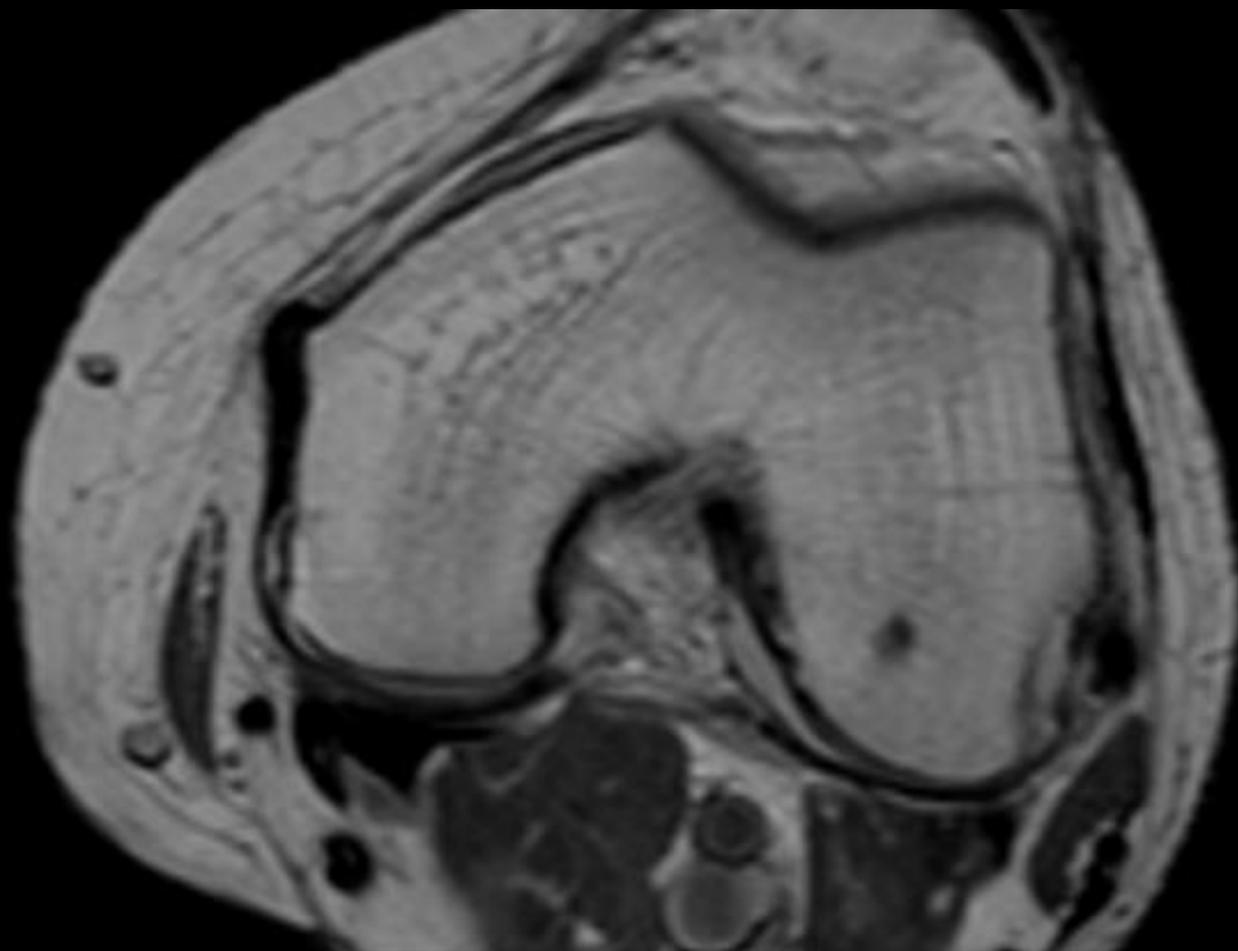


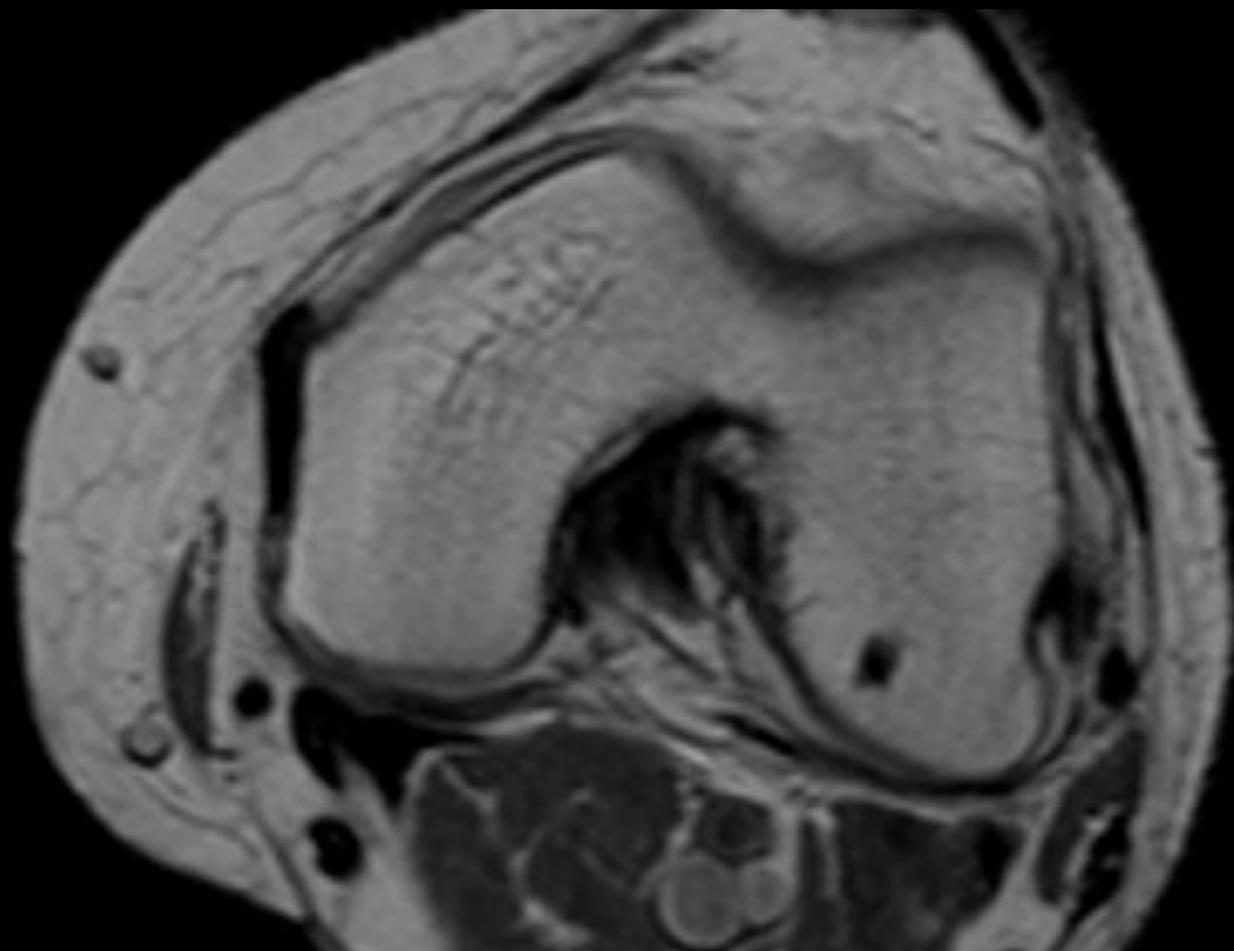


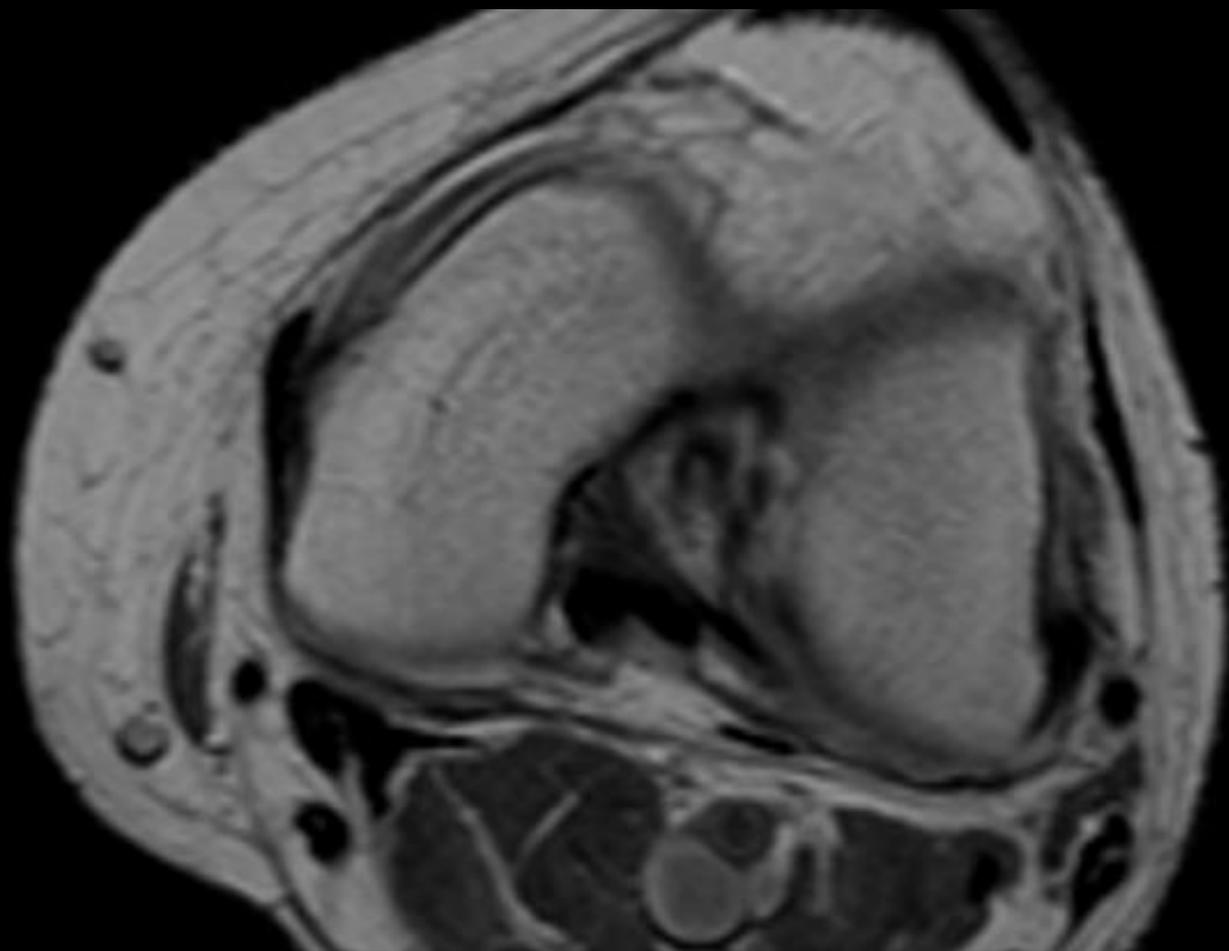


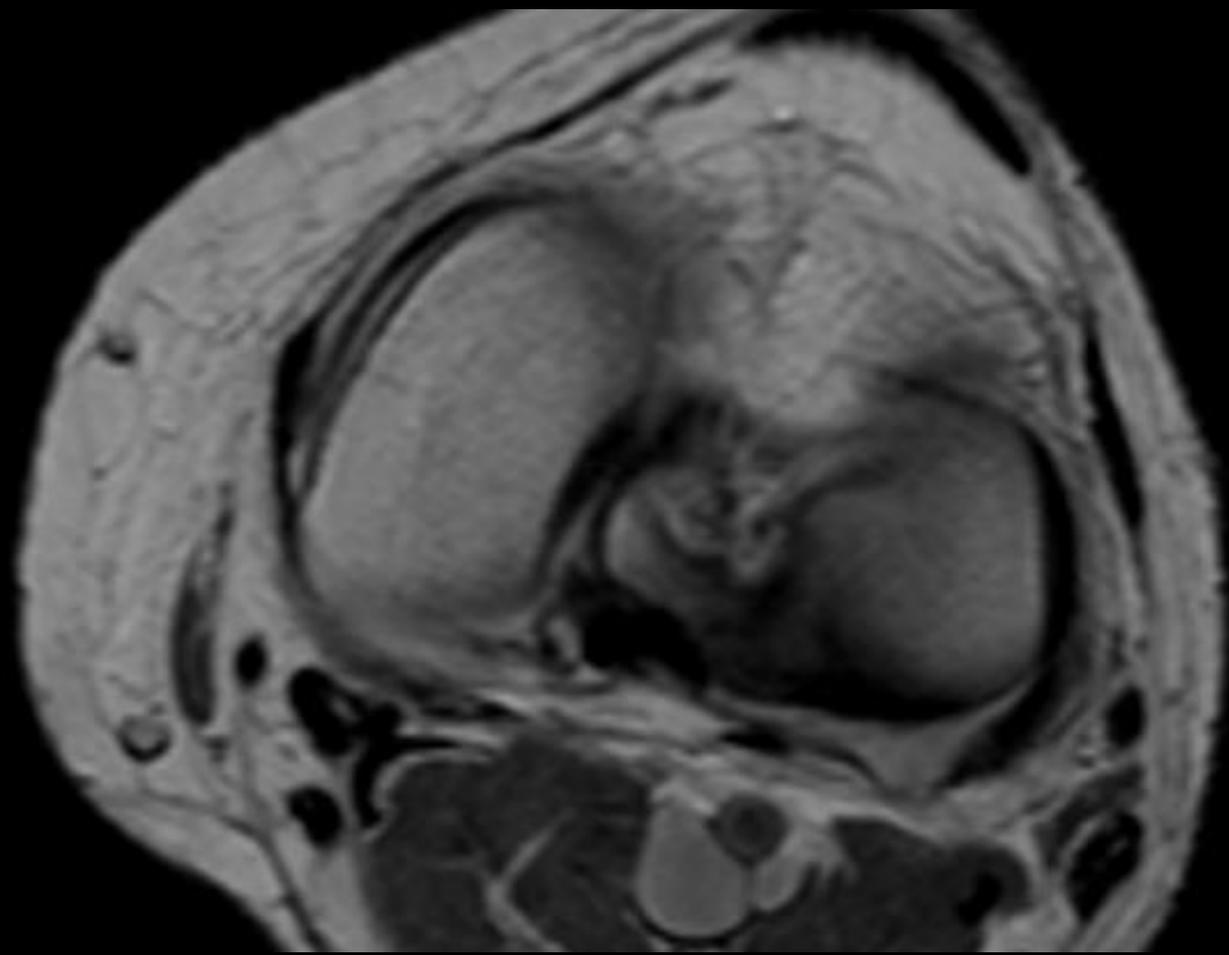


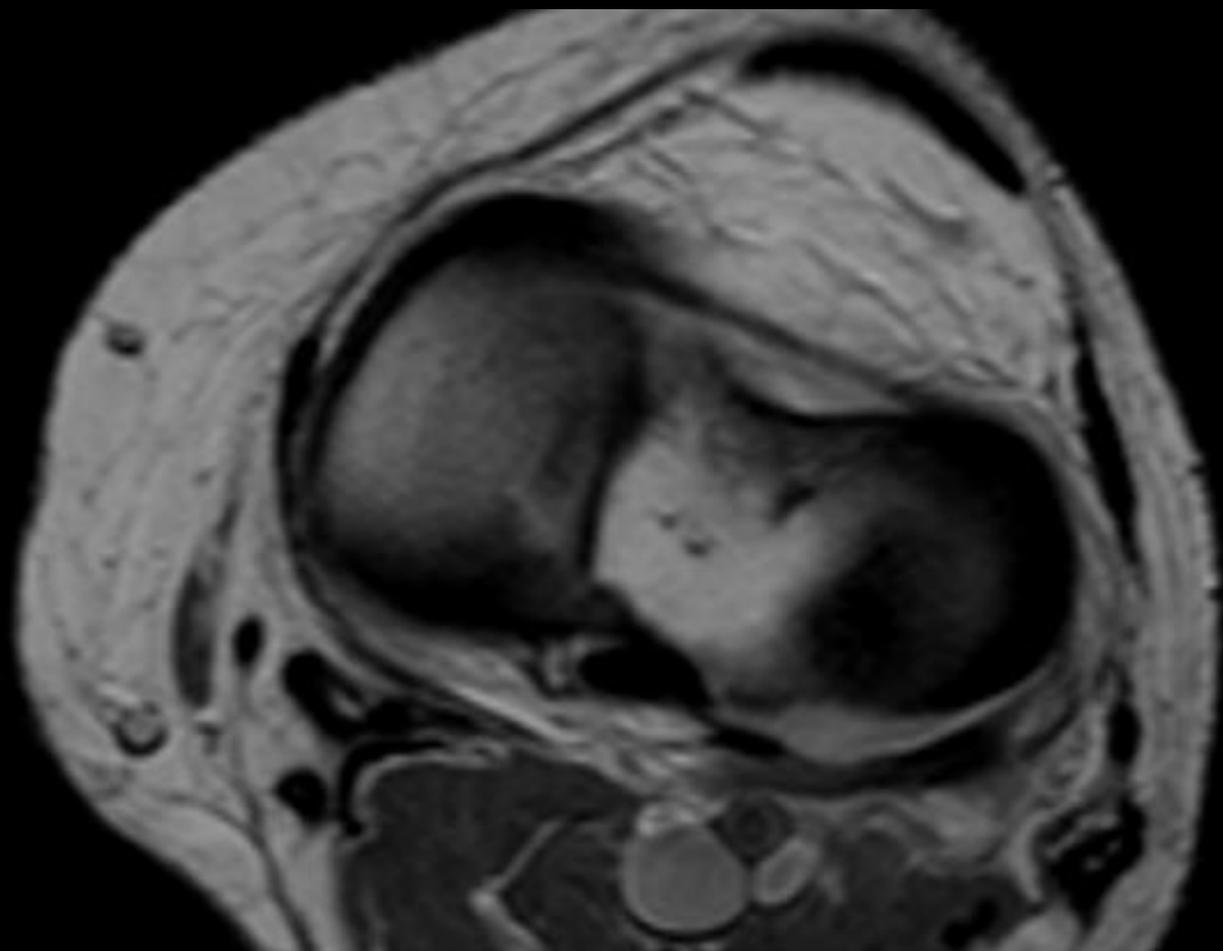


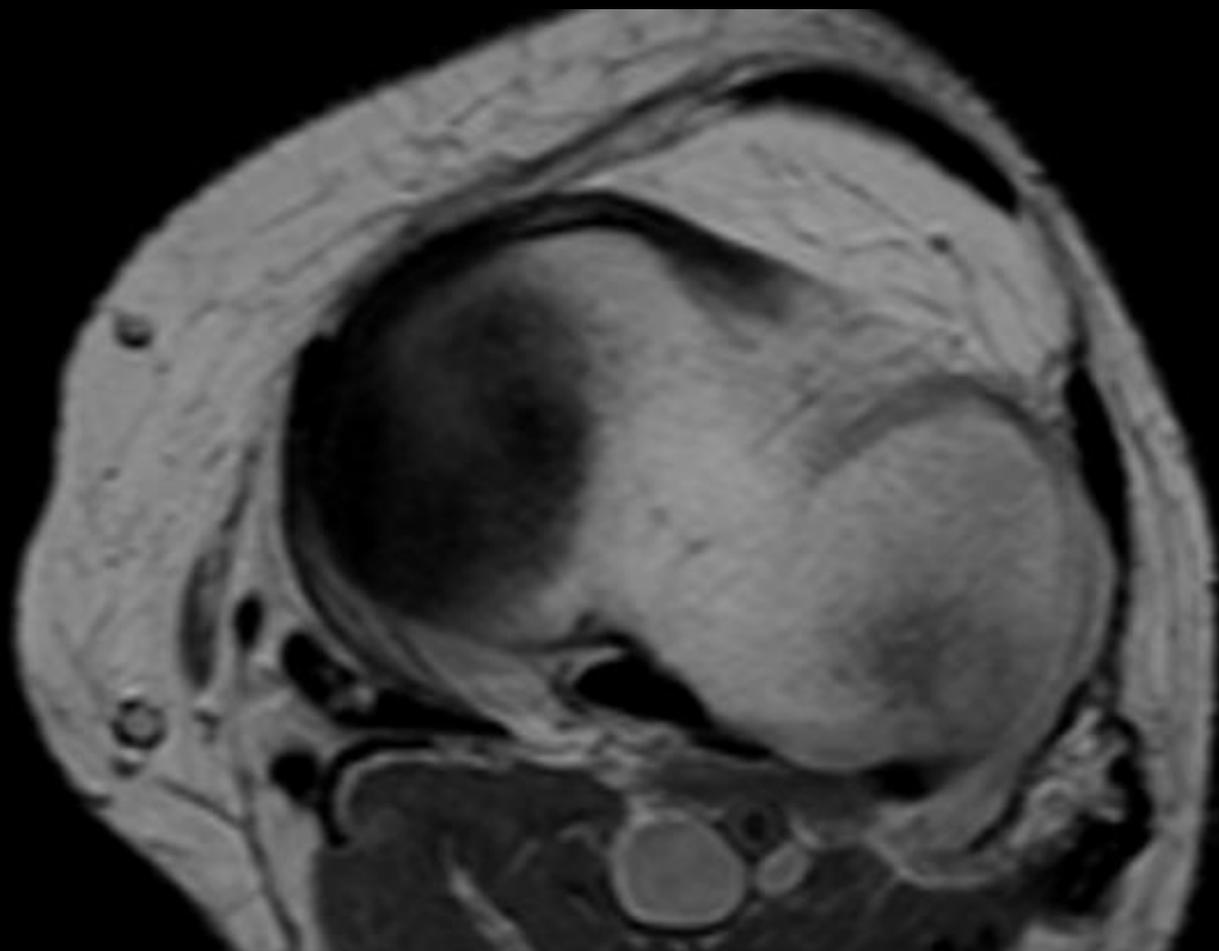


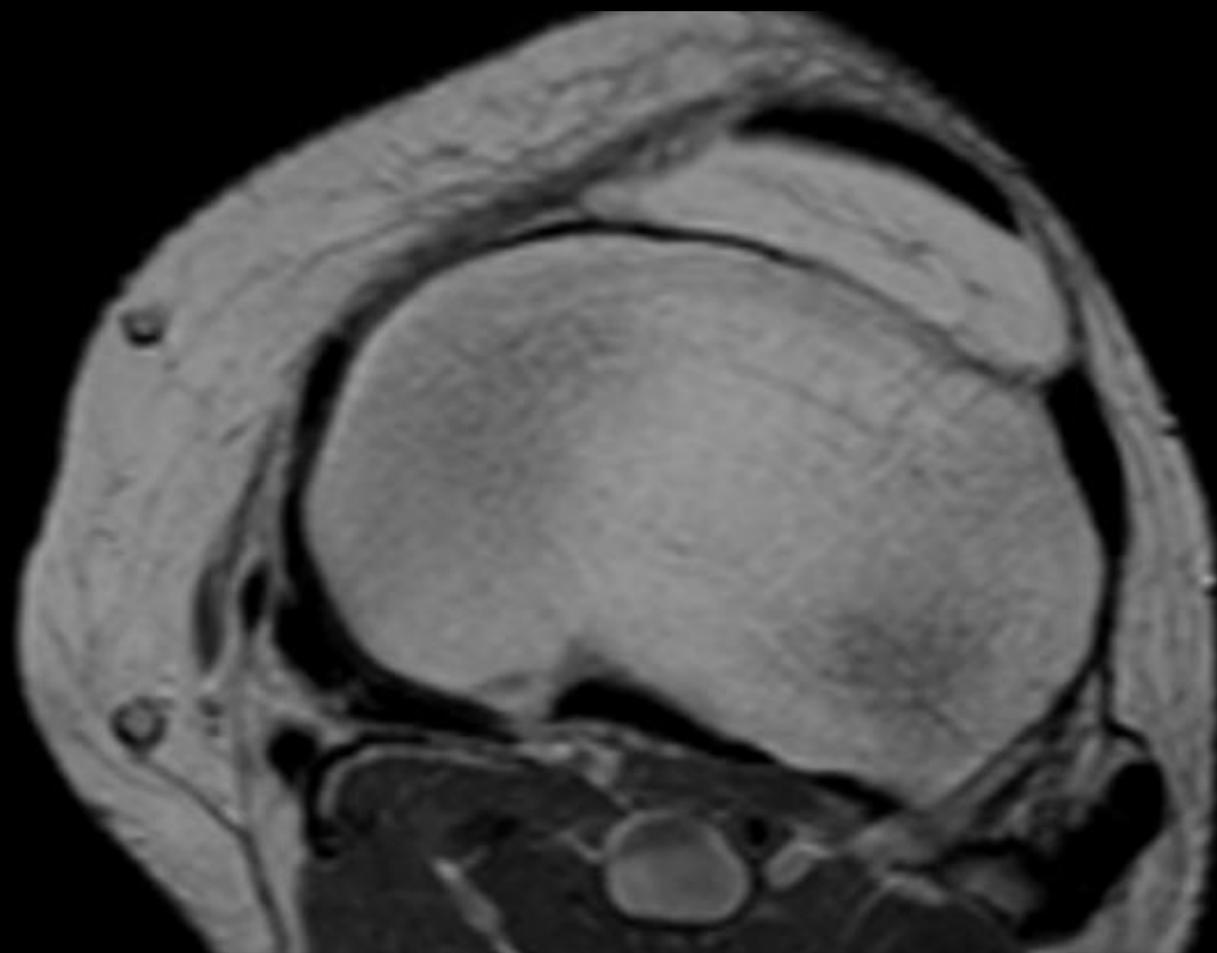


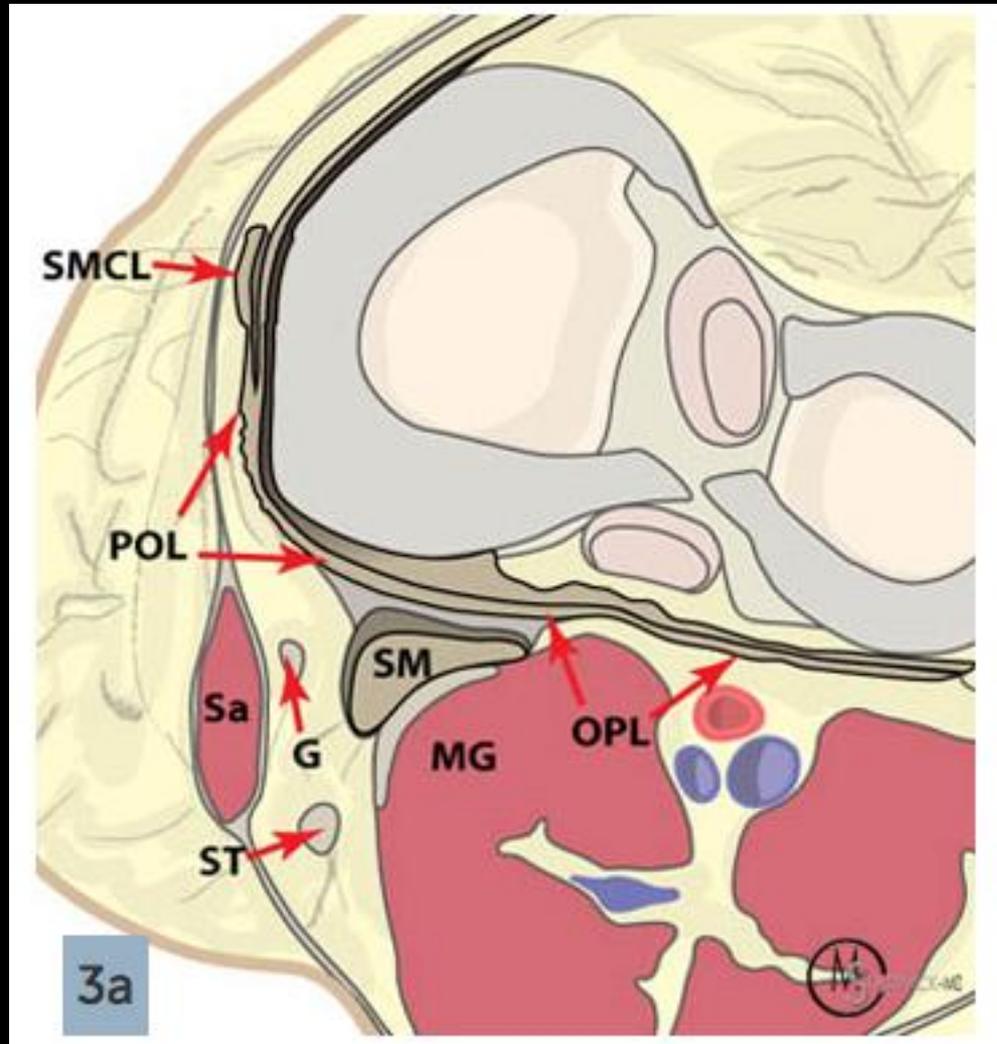


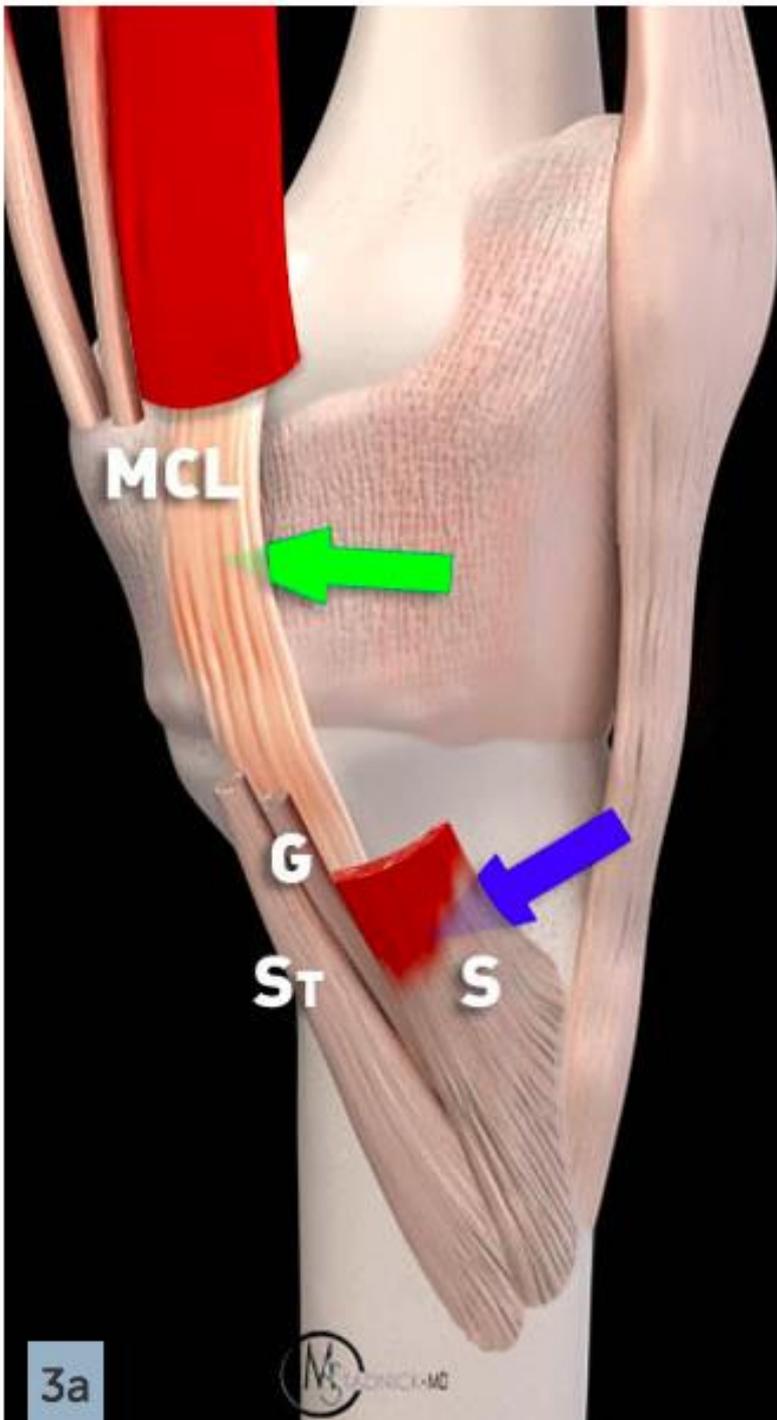












3a



Posteromedial knee friction syndrome: an entity with medial knee pain and edema between the femoral condyle, sartorius and gracilis

F. Joseph Simeone · Ambrose J. Huang · Connie Y. Chang · Maximilian Smith · Thomas J. Gill · Miriam A. Bredella · Martin Torriani

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- Common: lateral knee IT band and PTLFC friction syndrome
- 2004-2014
- 26 patients with edema between posterior medial femoral condyle and Sartorius and Gracilis
- 26 “Normal” patient
- Excluded medial knee pathologies eg MMT, ruptured baker cyst, pes anserine bursitis, OA, MCL and POL injury.

Quantitative

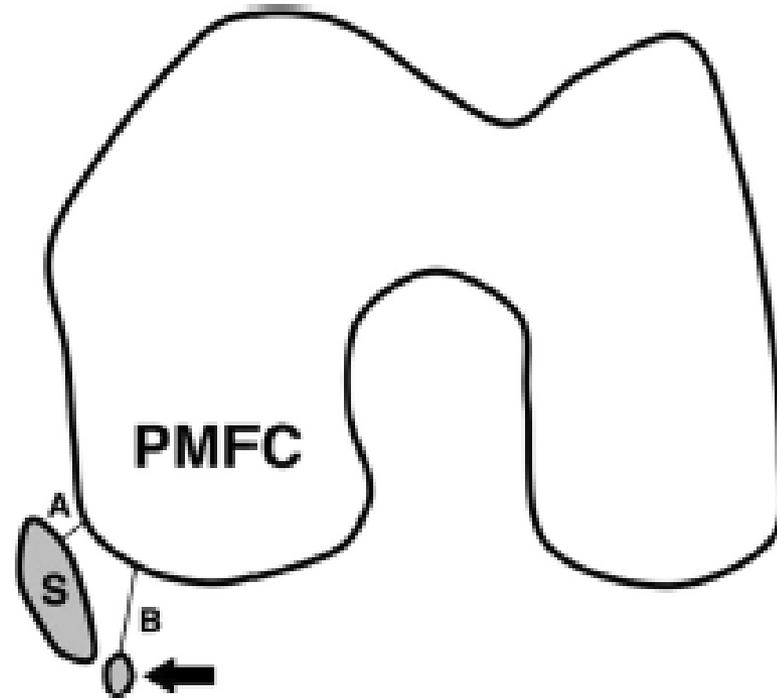


Fig. 1 Line drawing of the left knee showing anatomic relationships between the distal sartorius (S), gracilis tendon (*arrow*) and posteromedial femoral condyle (PMFC). Sartorius-PMFC space (a) and gracilis-PMFC space (b) are shown

Qualitative

- **Mild**: ST edema/fluid **<2mm thickness**; or **<2x** diameter of Gracilis tendon
- **Moderate**: ST edema/fluid **>2mm thickness**; or **>2x** diameter of Gracilis tendon
- **Severe**: moderate + **BME posterior 1/3 MFC**
- Also looked for IT band and PF pathology

- Mean age 35 yrs
- 25 females: 1 male
- Pain symptom: mean = 9 months
- 77% medial joint line pain
- Sartorius-PMFC: 1.6 vs 2.1 mm (p=0.04)
- Gracilis-PMFC: 2.4 vs 4.6 (p=0.004)
- Mild: 54%, Moderate: 35%, Severe: 12%

Follow Up

- 50% showed improvement with PT
- 14% NSAIDs
- 2 subjects steroid/anaesthetic
- U/S- no snapping
- Pain improvement:
5/10 -> 0/10 and
7/10 -> 2/10
- 2 arthroscopy

- Full Extension: Gracilis distance is the least
- Flexed 45 degrees: Gracilis distance maximum
- Femoral torsion
- 7 subjects had concurrent lateral friction syndrome



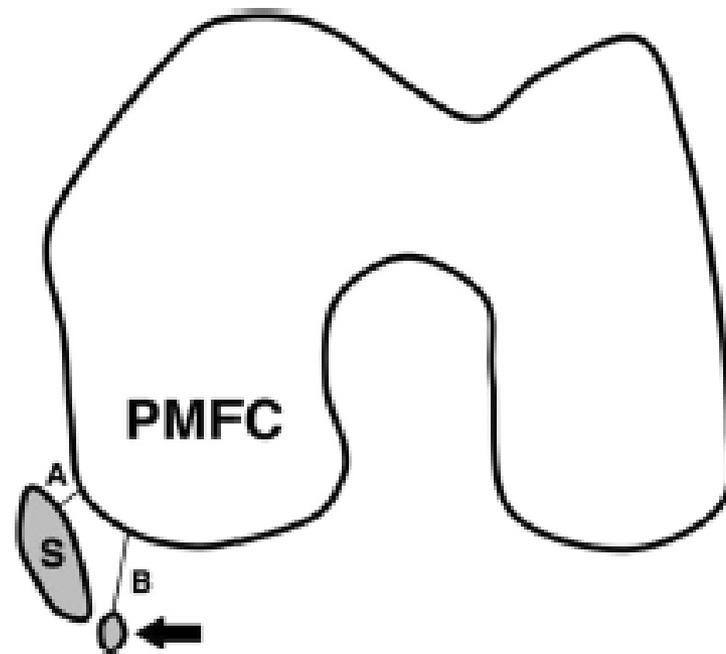


Fig. 1 Line drawing of the left knee showing anatomic relationships between the distal sartorius (S), gracilis tendon (*arrow*) and posteromedial femoral condyle (PMFC). Sartorius-PMFC space (a) and gracilis-PMFC space (b) are shown

References

- Simeone FJ, Huang AJ, Chang CY et-al. Posteromedial knee friction syndrome: an entity with medial knee pain and edema between the femoral condyle, sartorius and gracilis. Skeletal Radiol. 2015;44 (4): 557-63. doi:10.1007/s00256-014-2081-5 - Pubmed citation