Update: PLC - Don’t Get Pinned in the Corner, Robert Schenck, Jr., Dustin Richter, MD

- Physical exam
  - Gait, varus thrust, dial test, reverse pivot shift, cruciate exam
  - Radiographs: long leg films, MRI

- Anatomic Abnormalities: Noyes’ Primary, Double, and Triple Varus Knee
  - Primary Varus: Varus malalignment, medial meniscal loss
  - Double Varus: Varus malalignment, lateral corner
  - Triple Varus: Varus Malalignment, lateral corner, recurvatum

- Treatment Options and Indications
  - High tibial osteotomy
  - Peroneal nerve, exposure
  - Staged reconstruction (Case Report: TL)
  - Combined injuries – mainly ACL/PLC (Case Report: MF)
  - Bicruciate injuries
    - Order of reconstruction

- Controversies: Ligamentous reconstruction versus repair
  - Stannard in PLC, Levy in PMC
  - Repair (what to do with ACL and/or PCL)

- Techniques for PLC Reconstruction
  - Biceps femoris and popliteal bypass (Fanelli, Wascher)
  - Arciero
  - LaPrade

- Rehabilitation
  - NWB, no knee ROM x 4wks

- Complications
  - Arthrofibrosis, Missed PLC injury, Peroneal nerve injury

References:


