



Title

PATELLAR PAIN AND INCONGRUENCE I: MEASUREMENTS OF INCONGRUENCE

Authors

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Purpose/Premise

This study was conducted to determine and analyze several parameters, including the Q-angle measurements, of college-age subjects.

Material and Methods

Measurements were made in 150 normal knees (75 male and 75 female) with no history of pathologic conditions, and 90 knees with chondromalacia or recurrent subluxation (34 male and 56 female). The Q-angle was measured with the subject supine and the knee extended.

Outcomes

In the normal group, the average Q-angle was 14° in males and 17° in females. In the pathologic group, the average Q-angle was 16° in males, and 19° in females.

Conclusion/Recommendation

A 3° gender difference was observed between the Q-angles in both groups of knees. The authors suggest that anatomic variations are important in the etiology of patellar instability and pain.

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