

A RARE OCCURRENCE : MOREL LAVALLEE LESSION OF KNEE JOINT

Mohamad Hafiz Mohamad Zaini¹, Muhammad Hilmi Nasir¹, Khalid Isa¹, Zamir Hilmi Hamzah¹, Yang Sofia Ab Rahim¹, Nur Hafizah Mat Noor¹

¹Hospital Sultanah Nur Zahirah

Introduction: Morel Lavallee Lesion is a rare condition consisting of a closed degloving injury caused by pressure and shear stress between the subcutaneous tissue and the superficial fascia or bone(2). Management strategy may varies from compression wraps and aspiration to surgical evacuation. We present a case of a man who suffered from MLL of knee joint following motor vehicle accident and was treated conservatively.

Discussion: A 26 year old man, presented to A&E after been hit by a car at right lower limb. He sustained open distal tibia fracture and swelling with bruises over ipsilateral knee joint. Crepitus palpable over medial aspect of knee joint with limitation range of motion (figure 1). X-ray showed gas formation beneath the subcutaneous tissue of knee joint (Figure 2). Surgical debridement was performed for open distal tibia fracture and conservative management for MLL of knee. Compressive bandage was applied over the knee. Outcome of the lesion was very good when the swelling, bruises and crepitus subside after few days. Full range of motion also achieved after 1 week (Figure 3).

Conclusion: MLL has been rarely reported in the knee region(1-2) compared to other region of the body. Lesion in knee joint commonly occurs following sport injury. Diagnosis can be made clinically. Ultrasound helps in visualize collection between fat and overlying fascia(3). MRI has superiority to diagnose and classify MLL into different types based on T1 and T2 characteristics(3). Treatment varies from watchful waiting to drainage and compression pressure, with surgical intervention as a last resort(3).