

## Arthroscopic Adhesiolysis Following Revision Total Knee Arthroplasty – Seremban Experience. Case Report

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### INTRODUCTION:

Stiff knee is highly debilitating complication after revision complex knee arthroplasty leading to poor satisfaction. Excessive intra-articular scarring following revision surgery results in decreased range of motion (ROM) leading to poor functional outcome. We describe a technique of arthroscopic lysis of adhesions in a stiff knee as it is a less invasive surgical procedure that gives promising results [1]. We aim to achieve significant pain reduction, improved level of activity and quality of life.

### REPORT:

70 years old lady presented to ortho clinic with complaint of reduce right knee ROM following 2 months after revision surgery of right TKA. She underwent primary TKA in Hospital Melaka in 2004 and subsequently underwent revision surgery for aseptic loosening of implant. Patient underwent two stage revision surgery. Her baseline right knee ROM was 10-100 degrees which eventually worsened to 0-20 degrees over 2 months with no patellofemoral joint motion. Patient underwent arthroscopic adhesiolysis under combined spinal epidural anesthesia. Suprapatellar pouch adhesiolysis done via superolateral and superomedial portal via arthroscopic trocar. Retro-patellar space was debrided. Lateral gutter, medial gutter and anterior interval adhesiolysis done via anterolateral and anteromedial portal using trocar. Further adhesion released via radiofrequency and shaver. Finally, quadriceps tendon adhesiolysis was done. We were able to achieve a final ROM of 0-100 degrees with good patella movement in all direction. There were no intraoperative complications and patient was put on continuous passive movement machine for 3 days. Subsequently patient was discharged home.

### Figure 1: Pre-operative Knee Flexion (0-20°)



### Figure 2: Post-operative Knee Flexion (0-100°)



### CONCLUSION:

Stiffness following revision TKA should be addressed early with minimal trauma to knee joint and surrounding tissue. Arthroscopic release of adhesions is efficacious in achieving good motion arc and improved quality of life [2].

### REFERENCES:

1. Arbuthnot et al. *Knee Surgery Sports Traumatology, Arthroscopy*. 2010.
2. P Djian et al. *Rev Chir Orthop Reparatrice Appar Mot*. 2002 Apr.