

Severe Knee Pain in a 22-year-old Woman After Trauma

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A healthy 22-year-old woman presented to the Emergency Department of Aarhus University Hospital with pain after she fell on her right knee. After taking the

medical history, a thorough clinical examination was performed. A patellar trauma was suspected and consequently X-ray images of the affected knee were obtained. These included anterior-posterior and lateral views [Figure 1 and 2] as well as a skyline projection [Figure 3].

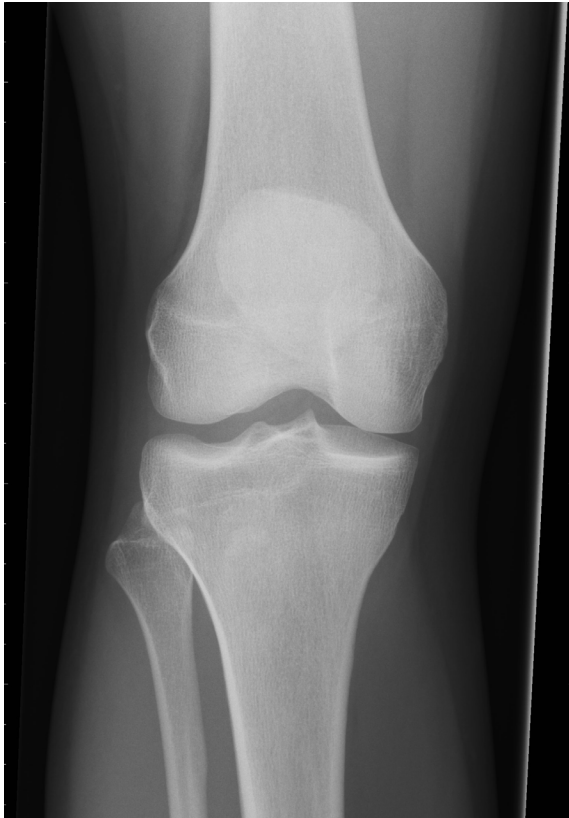


Figure 1: Anterior-posterior view of the right knee. Neither a fracture nor a dislocation is visible in this projection. The joint spaces and the soft tissues were normal.

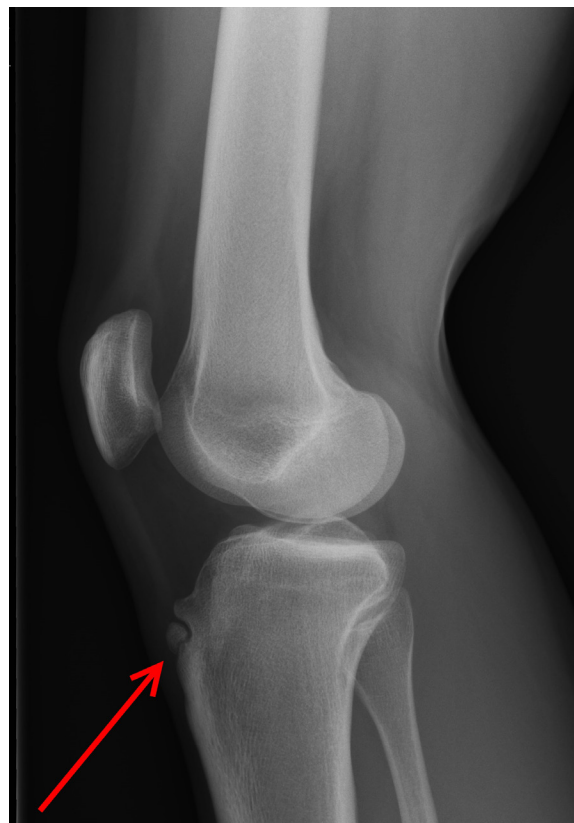


Figure 2: The lateral view of the tibial tuberosity reveals an ununited free ossicle (red arrow).

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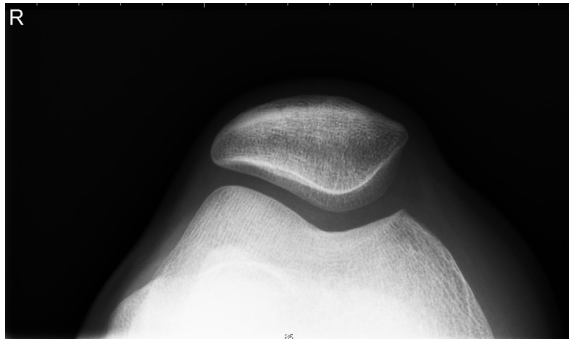


Figure 3: The skyline projection of the right knee does not reveal a patellar displacement or fractures. The patella was well positioned.

Questions

1. What is the most likely diagnosis?
 - a. Patella fracture.
 - b. Sinding-Larsen-Johansson-Syndrome.
 - c. Accessory ossification center.
 - d. Bone tumor, most likely osteosarcoma.
 - e. Osgood-Schlatter disease (OSD).
2. What is the usual initial treatment for this condition?
 - a. Single or repetitive corticosteroid injection.
 - b. Chemotherapy and radiation therapy.
 - c. Surgical treatment, including removal of the ossicle fragmentation.
 - d. Rest, ice, and nonsteroidal anti-inflammatory drugs.
 - e. Complete reduction in activity for at least one week.

Answers to the quiz, and the full article, can be found online at www.omjournal.org.