

From the Editors

Editorial: Patellofemoral Instability Symposium

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It gives us immense satisfaction and pride in presenting the Asian Journal of Arthroscopy's Special issue on Patellofemoral Instability to our readers. The symposium unfolds the recent advances on all aspects of this Clinical condition, the management of which has undergone myriads of changes in this century. The problem of recurrent lateral dislocation of the patella has been traditionally treated with a combination of conservative and surgical methods with uneven outcomes for the patient. These extensive surgical procedures involved a bony re-alignment, either distal or proximal to the knee joint along with a soft tissue release or tightening as deemed appropriate by the operating surgeon. These were followed by long recoveries and rehabilitation periods which were not necessarily popular with the subjects. Continuous expansion of our understanding of the biomechanics of the Patello-Femoral articulation and the underlying pathologies leading to its instability has resulted in a paradigm shift in its management which has benefitted from technological advances in minimally invasive and arthroscopic surgery.

In this issue, we aim to demystify the current concept of patellofemoral instability and help the reader in taking more informed decisions in diagnosing and treating this vexing problem. The papers deal with understanding the pathology of primary lateral patellar dislocation, techniques, and review of medial patellofemoral ligament reconstruction, management of patellar chondral defect, technique of tibial tubercle transfer and its indications, and rehabilitation after surgery of patellofemoral instability. Each paper has plenty of figures and tables to vividly describe the details of the topic in question.

We are extremely fortunate that Prof. Elizabeth Arendt, the "Queen" of patellofemoral joint, agreed to be the guest editor for this special issue. All the papers have been designed and written under her able guidance. This in itself certifies the quality of the papers in this issue of Asian Journal of Arthroscopy (AJA). We are deeply indebted to Prof. Arendt and her team of associates and researchers from University of Minnesota, who have taken time off their busy schedules to

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contribute their scientific work for this issue.

The issue also contains original articles, reviews and case reports which are selected following a rigorous peer review process. We do hope that the wealth of knowledge contained in this issue of AJA will benefit all the readers and help improve patient care in the Indian subcontinent. We also urge the authors from the Asian Subcontinent and specially India to contribute to the journal and help us in providing an international platform to them.

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