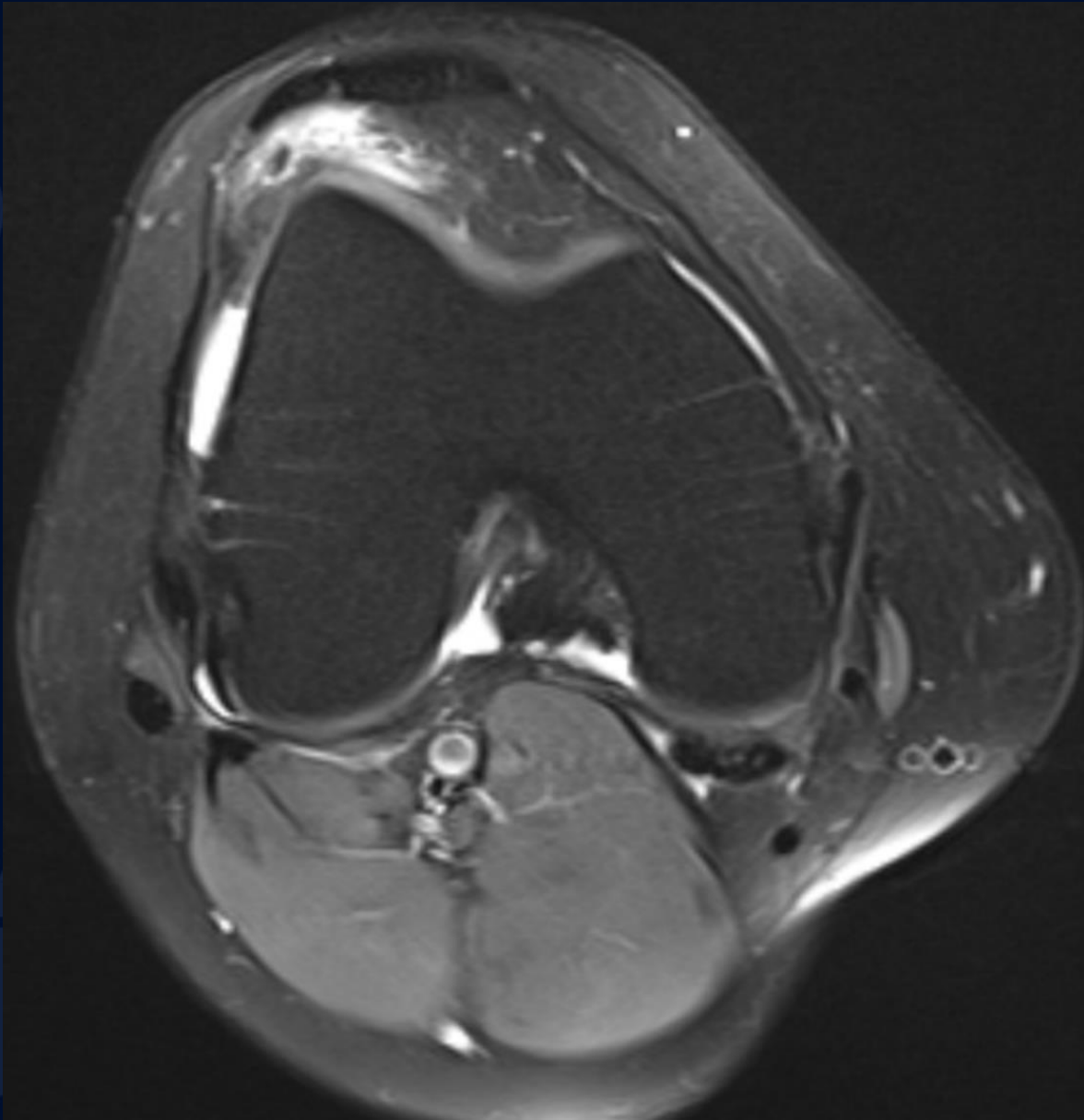
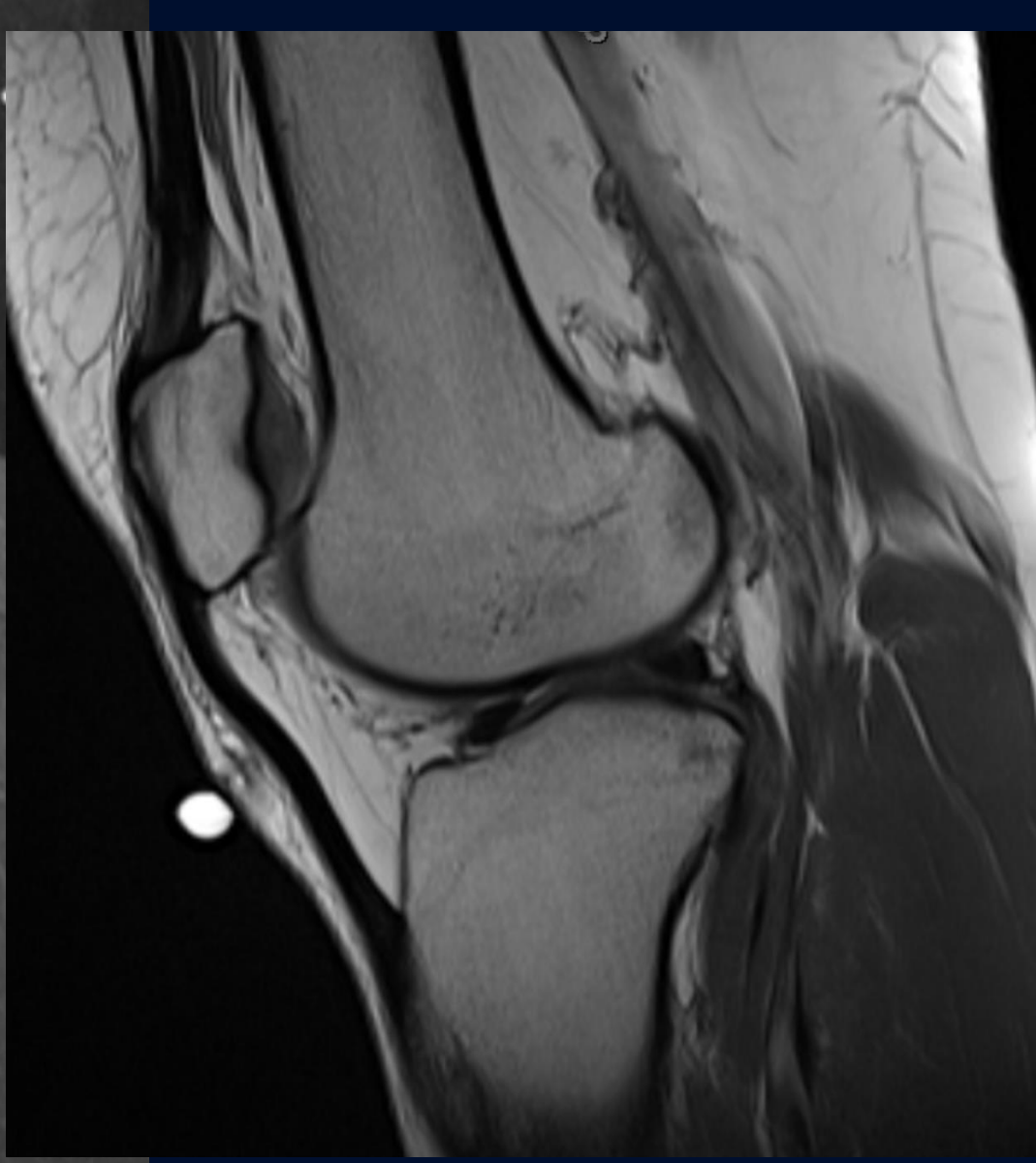
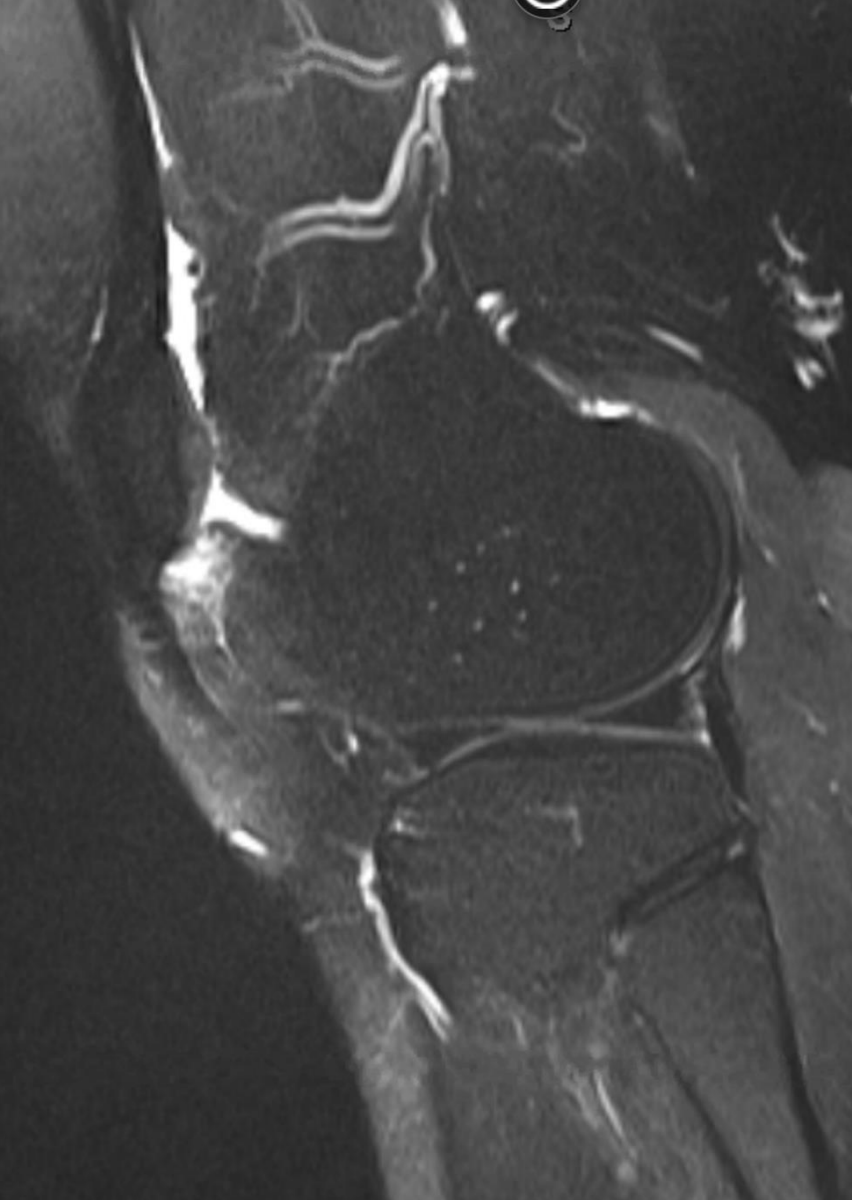


A large, stylized oak leaf graphic in a dark blue color, positioned on the left side of the slide, partially overlapping the title text.

# Anterior knee pain

John J. DeBevits IV, MD



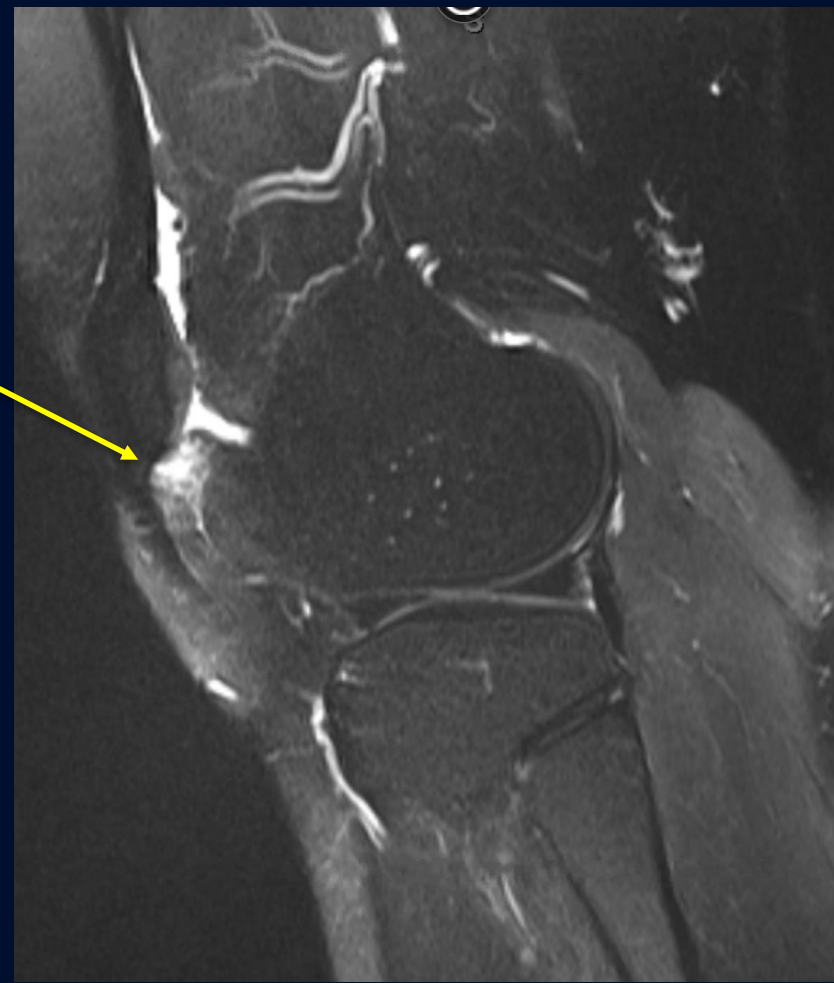
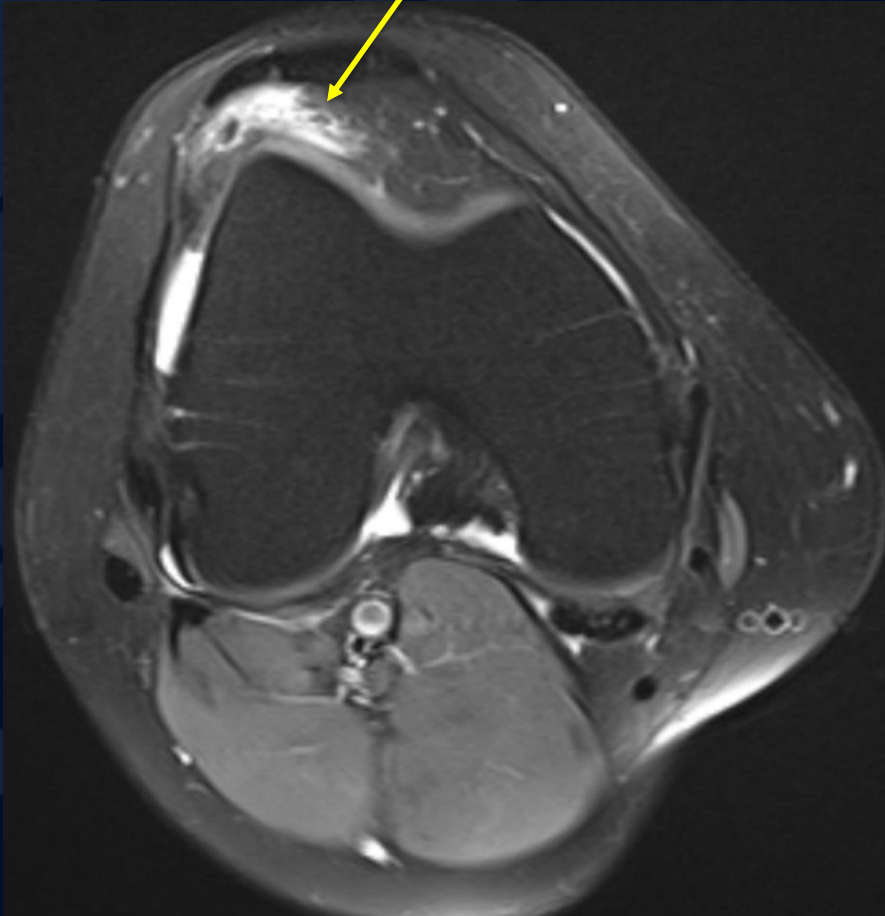


A large, stylized oak leaf graphic in a dark blue color, positioned on the left side of the slide. It features detailed vein patterns and a lobed edge.

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# Patellar tendon- lateral femoral condyle friction syndrome

T2 axial image through the level of the trochlea and T2 sagittal image through the lateral joint space demonstrates increased signal within the superolateral aspect of Hoffa's fat, most compatible with edema.

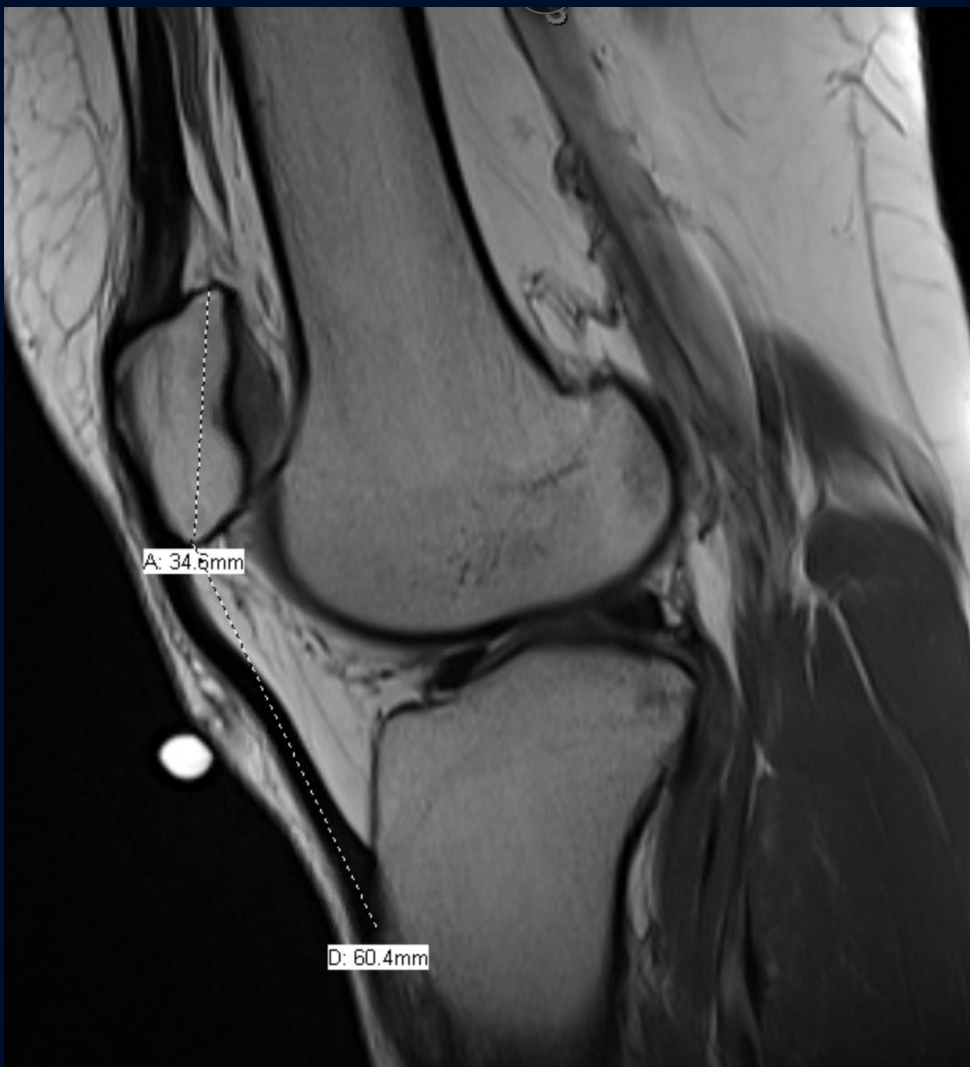


Note the high-riding patella (patella alta), commonly seen in association with patellar tendon-lateral femoral condyle friction syndrome

Insall-Salvati ratio:

$$\frac{\text{Patellar tendon length}}{\text{Patellar pole to pole length}} =$$

$$\frac{60.4\text{mm}}{34.6\text{mm}} = 1.74 \text{ (nl < 1.2)}$$



# Patellar tendon-Lateral femoral condyle friction syndrome (PT-LFCFS)

- Also known as Hoffa's fat impingement syndrome
- Common cause of anterior knee pain, typically in active individuals
  - Anterior pain worsened by extension
  - Also point tenderness along inferior pole of patella
- Etiology likely related either to patellar maltracking or imbalance of forces between vastus medialis and lateralis muscles resulting in impingement of Hoffa's fat between the inferior patella and lateral femoral condyle
- Lateral patellar subluxation and patella alta found in >90% of cases.



# References

1. Chung CB, Skaf A, Roger B, Campos J, Stump X, Resnick D. Patellar tendon-lateral femoral condyle friction syndrome: MR imaging in 42 patients. *Skeletal Radiol.* 2001 Dec; 30(12):694-7
2. Subhawong TK, Thakkar RS, Padua A, Flammang A, Chhabra A, Carrino JA. Patellofemoral Friction Syndrome: MRI correlation of morphologic and T2 cartilage imaging. *Journal of computer assisted tomography.* 2014;38(2):308-312.  
doi:10.1097/RCT.0b013e3182aab187.