

### ***Patello-femoral instabilities and pathology of the synovial plica***

Knee-cap instability is codified according to the extent of the deviation of the joint (external hyperpressure, subluxation and recurrent dislocation).

Surgery must be based on a careful assessment of the pathology with integrated clinical examination and instrumental diagnostics (X-ray, TC, static and dynamic MNR). Image of unstable NMR.

Surgery may range from release of the external alar ligament of the rotula (lateral release) to more invasive interventions such as the realignment of the extensor system (making the distal insertion more medial) in the event of recurrent dislocation. The pathology of the synovial plica is connected to a pathological thickening of a synovial membrane (present in the knee as a residue of embryonic sedimentation) leading to friction in physiological movement causing anterior pain or symptoms that are similar to meniscal pathology.