

Fracture avulsion de la patella
(sleeve fracture) chez un enfant de
12 ans.
cas clinique et revue de la
littérature.

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Introduction

- * Les fractures de la patella sont rares chez l'enfant (1%)
- * La fracture du pôle inférieur de la patella avec avulsion en manchon du cartilage (sleeve patella) est spécifique de l'enfant.

Définition

- * Arrachement d'un petit fragment osseux de la partie distale de la patella.
- * Souvent invisible à la radio.
- * Associé à un arrachement du cartilage articulaire en arrière accompagné du surtout pré patellaire en avant

=> Le diagnostic est difficile !

Cas clinique

- * Garçon de 12 ans.
- * Présente une douleur aiguë du genou suite à une **extension brutale** lors d'un saut.
- * Examen clinique :
 - épanchement intra articulaire
 - un flessum à 45 °
 - dépression à la palpation de la pointe de la patella.
 - Après extension passive du genou, la patella restait ascensionnée.

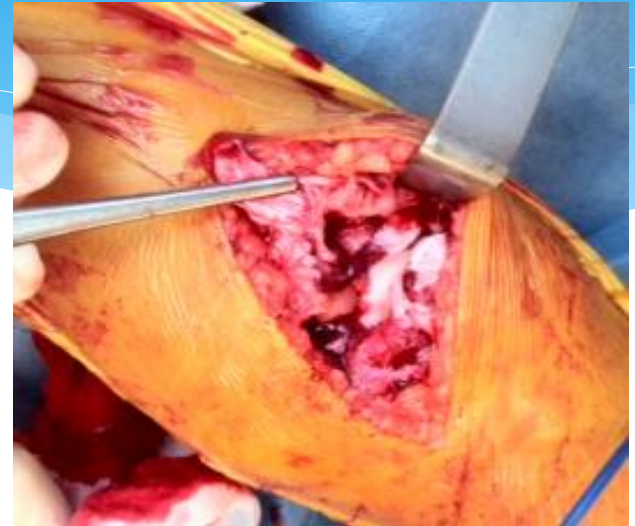
Radio



- * Patella ascensionnée
- * Epanchement intra artulaire
- * Pas fracture de la patella sur le profil

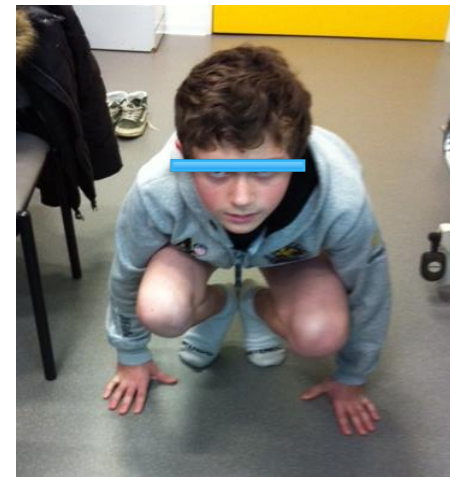
Traitement chirurgical

- * Arthrotomie
- * Réduction de la patella dans le manchon fibrocartilagineux
- * Mise en place d' un cadre péri-patellaire.
- * Suture du surtout patellaire avec le tendon patellaire par des points en croix.
- * Immobilisation par un plâtre circulaire en extension sans appui pendant 6 semaines.



Résultat à 2 ans (14 ans)

- * Va très bien
- * Le genou est mobile et indolore
- * Extension complète
- * Flexion complète
- * Accroupissement sans limitation et sans douleur



Radio à 2 ans

- * Pas de signes d'arthrose
- * La rotule est en bonne position



Revue de la littérature et conclusion

- * 66 cas décrit dans la littérature depuis 1979
(15 articles à propos d'un cas et 5 avec plus de 2 cas)
- * Spécifique de l'enfant de moins de 16 ans
- * Tableau de rupture du tendon du quadriceps suite à une contraction violente du quadriceps
- * Les deux signes à rechercher :
 - l'ascension de la patella
 - la dépression à l'extrémité inférieure de la patella
- * Le traitement est orthopédique ou chirurgical
- * Bon résultat si traitement précoce.

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