WHAT YOU SHOULD KNOW ABOUT KNEECAP DISLOCATIONS

At risk individuals may have:

- **Family history** of dislocations
- **Very flexible joints**
- **A history of other joint dislocations**
- A kneecap that **sits higher on the thigh bone**

After the first time your knee **dislocates**, see an **orthopedic surgeon** who specializes in **patella instability**.

After the second time, **surgery** is needed.

If you allow dislocations to continue unaddressed, you may face **increased instability, pain, decreased activity** and **arthritis**.

Kneecap instability or dislocation affects predominantly **females (90%)** ages 13-50.

**Children** who are still growing who sustain a dislocation are at much **higher risk of recurrence (70%)**.