

# WHAT YOU SHOULD KNOW ABOUT KNEECAP DISLOCATIONS

Presented by the  
**Patellofemoral Center**  
at Hospital for Special Surgery

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**



Normal



Dislocation

1<sup>st</sup>  
time

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

2<sup>nd</sup>  
time

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

3  
or more  
times

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%)**.