POSTERO-MEDIAL KNEE FRICTION SYNDROME

Clinical details: A 30 year old female presented with history of pain in the medial aspect of the knee. History of trauma was noted few years back.

Findings:

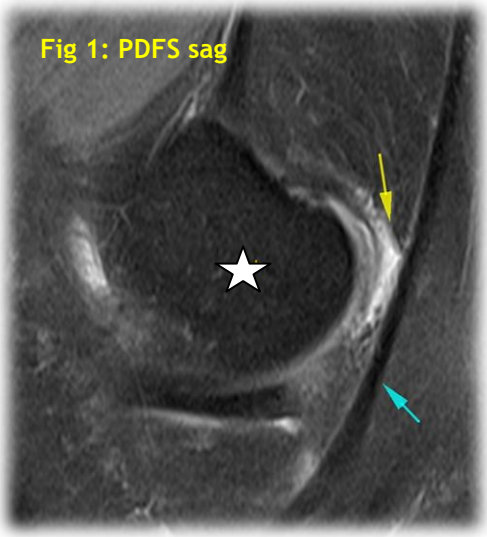
Fig 1: PDFS sag

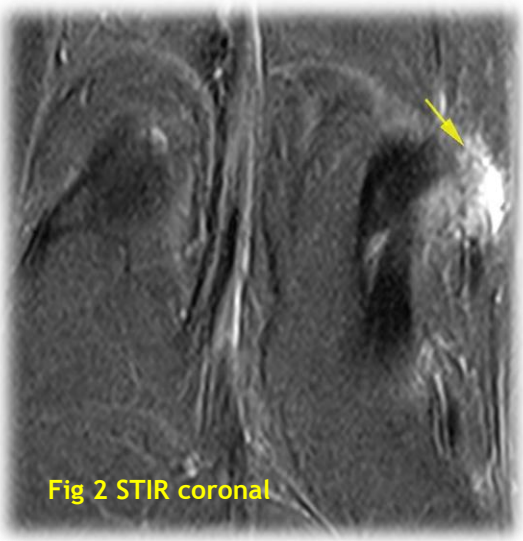
Fig 2 STIR coronal

Fig 3: PDFS sag

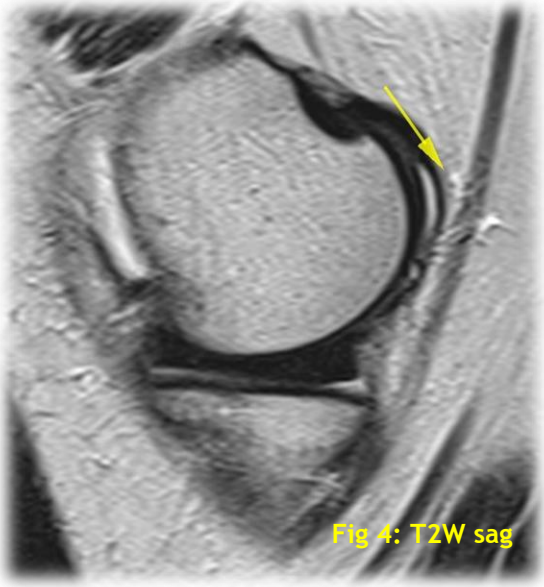
Fig 4: T2W sag

Soft tissue stranding (yellow arrows marked in Fig 2, 3, 4) noted between the distal gracilis tendon and postero-medial femoral condyle, consistent with postero-medial knee friction syndrome. Fig 1 shows gracilis tendon (blue arrow), medial femoral condyle (star) and fat stranding between the two (yellow arrow). No meniscal or ligament injuries were noted.

Discussion:

Postero-medial knee friction syndrome is a recently described (in April 2015) as cause of postero-medial knee pain in active young individuals. It is postulated to be due to narrowing of the space between the postero-medial femoral condyle, sartorius and/or gracilis tendons.

Patients present with medial knee pain which is often correlated to a meniscal tear.

CT and radiograph may show normal appearance.

MRI shows focal area of high signal intensity on T2 or PD weighted fat saturated images (edema) involving the soft tissue between the postero-medial femoral condyle and the sartorius / gracilis tendons. In severe cases, it is associated with bone marrow edema of the postero-medial femoral condyle, seen as high signal intensity on STIR/PDFS sequences.

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LIVER ELASTOGRAPHY

USG Liver Elastography is an advanced, novel technology which not only detects early liver disease but also determines the extent of it. The stage of liver fibrosis or damage can thus be assessed in QUICK, PAINLESS way. This makes it modality of choice for identifying early liver damage in high risks subjects i.e those suffering from Hepatitis C and B, fatty liver disease and alcoholism, who may otherwise look healthy.

Dr.Deepa S.Nadkarni / Dr.Shaikh M.Mazhar.

N.B: This case is authentic and from the archives of Radiance Diagnostics. For any queries/suggestions/feedback write to us at radiance@radiancediagnostics.in. Case of the month can also be accessed anytime online at **VIEW BOX** at **www.radiancediagnostics.in**