45 F – 2 days left hip and knee pain after a fall

- Stepped on plastic sheet on the carpet that slid underneath her
- Felt and heard a pop in left hip and knee
- Knee feels unstable
- PEx:
  - Medial joint tenderness
  - Limited flex/ex
  - Negative Lachman
  - McMurray deferred
- Plain films done same day…
- MRI ordered
Tibial Eminence Fracture

• Fracture of the bony attachment of ACL
• Rare, most common in ages 8-14; very rare for adults
• Same mechanism of trauma that causes would usually cause ACL tear
• Associated injuries (40%)
  • Meniscal injury
  • Collateral ligamentous injury
  • Capsular damage
  • Osteochondral fracture
Meyers and McKeever Classification

I: Nondisplaced (<3 mm)
II: Minimally displaced with intact posterior hinge
IIIa: Completely displaced
IIIb: Type III fracture with rotation/involves majority of eminence
IV: Completely displaced, rotated, comminuted
Management

- **Nonoperative**
  - Closed reduction, aspiration of hemarthrosis, immobilization in 0-20° flexion
  - Nondisplaced type I and reducible type II

- **Operative**
  - ORIF or arthroscopic repair
  - Type III, IV, and unreducible type II

- **Complications**
  - Arthrofibrosis
  - Growth arrest
  - ACL laxity