

Long-Term Prognosis For Jumper's Knee Among Male Athletes. A Prospective Follow-up Study

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Little information is available on the long-term outcome of jumper's knee, a common problem among athletes. To determine the 15-year prognosis of jumper's knee we sent a follow-up questionnaire to athletes with jumper's knee (N=27) and to non-symptomatic control athletes (N=19). At baseline all subjects had participated in standardized clinical examinations and measurements. At follow-up, compared to control athletes, athletes in jumper's knee group reported more knee symptoms by Kujala score (mean 85.1, SD 15.8 vs. 96.9, SD 6.5, $P<0.01$) and more knee pain after repeated squatting (mean VAS score 12.8 mm, SD 14.5 mm vs. 1.4 mm, SD 1.7 mm, $P<0.01$). Moreover, 53% (9/17) of the subjects in jumper's knee group reported having had to quit their sports career due to the knee problem compared to 7% (1/14) of the control athletes. However, none of the subjects had changed his job due to the knee problem and there was no difference in leisure time physical activity between the studied groups. The only anatomical factor that predicted knee symptoms at follow-up was high lying patella. Our 15-year follow-up study shows that jumper's knee disease causes mild but long-lasting symptoms after athletic career.