CASE REPORT

The "Wii Knee": A case of patellar dislocation secondary to computer video games

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Introduction

Computer video games are historically a very sedentary past time, and the people that play them are generally considered immune to athletic injuries. Computer video games have already been found to have health consequences including; Nintendonitis2 (repetitive strain injuries from using joysticks and control pads leading to DeQuervains tenosynovitis and lateral epicondylitis), Video-game epilepsy,1 the playstation thumb3 (blisters, numbness and tingling, mainly in the thumb) and the video game induced knuckle pad4 (a painful hyperpigmented plaque over the right second distal interphalangeal joint of the video gamer). Nintendo has recently released a video game console (Wii), which uses a motion sensitive control system. There have already been reports of damage to furniture and equipment as vigorous usage of this control pad caused it to slip from the player’s hands. There are no reports in the literature of this device being associated with physical injury previously but we may just have the first case of the "Wii Knee".

Case report

An 18-year-old female was playing a video game (Tennis, Nintendo Sports); she was using the motion sensitive controller to mimic the handle of a tennis racket. She fell whilst simulating a serve and sustained a dislocation of her left patella. This was the first incidence of patellar dislocation and subsequent imaging did not show any evidence of patella alta, baja or a shallow patello-femoral joint (Figs. 1–3). The patient was treated with a cylinder cast. She was encouraged to perform quadriceps-strengthening exercises in the cast at 1 week and was treated in this fashion for 6 weeks. She was then mobilised and so far has had no reoccurrences.

Discussion

Patellar dislocation is an injury usually associated with athletic pursuits. The constant search by computer game companies for innovative methods of interacting with video games has lead to increasingly intricate control methods. The Nintendo Wii, with its advertisements displaying people gesturing wildly, whilst playing games has shown that video games are no longer the sedentary affairs that they used to be. Unfortunately, as the historic view of games still persists, individuals do not consider playing games in this

Figure 1 skyline view of right patella.
system to be the physically exerting activity it obviously is. People are performing exercise they may not have prepared for, and so have not warmed up prior to undergoing those activities.

**Conclusion**

We would advise that the new control system of the Nintendo Wii should be considered a physical activity and therefore should demand the same respect given to any athletic pursuit.

**References**