











11. Lyu SR, Hsu CC. Medial plicae and degeneration of the medial femoral condyle. *Arthroscopy* 2006;22(1):17–26 Jan.
12. Schindler OS. 'The Sneaky Plica' revisited: morphology, pathophysiology and treatment of synovial plicae of the knee. *Knee Surg Sports Traumatol Arthrosc.* 2014 Feb;22(2):247–62. doi: 10.1007/s00167-013-2368-4. Epub 2013 Feb 5. PMID: 23381917.
13. Ewing JW. Plica: pathologic or not? *J Am Acad Orthop Surg* 1993 Nov;1(2):117–21.
14. Zmerly H, Akkawi I, Citarella R, Ghoch ME. Clinical Management of Medial Patellar Plica Syndrome: Mini Review from Diagnosis to Treatment. *Curr Rheumatol Rev.* 2020;16(1):9–11. doi: 10.2174/1573397115666181123182633.
15. Stubbings N, Smith T. Diagnostic test accuracy of clinical and radiological assessments for medial patella plica syndrome: a systematic review and meta-analysis. *Knee.* 2014 Mar;21(2):486–90. doi: 10.1016/j.knee.2013.11.001. Epub 2013 Nov 13.
16. Kim SJ, Lee DH, Kim TE. The relationship between the MPP test and arthroscopically found medial patellar plica pathology. *Arthroscopy.* 2007 Dec;23(12):1303–8. doi: 10.1016/j.arthro.2007.06.016.
17. Rovere GD, Adair DM. Medial synovial shelf plica syndrome. Treatment by intraplica injection. *Am J Sports Med.* 1985;13(6):382–6. doi: 10.1177/036354658501300603.
18. Griffith CJ, LaPrade RF. Medial plica irritation: diagnosis and treatment. *Curr Rev Musculoskelet Med.* 2008 Mar;1(1):53–60. doi: 10.1007/s12178-007-9006-z.
19. Paczesny L, Kruczynski J. Medial plica syndrome of the knee: diagnosis with dynamic sonography. *Radiology.* 2009 May;251(2):439–46. doi: 10.1148/radiol.2512081652. Epub 2009 Mar 10.
20. Derks WH, de Hooge P, van Linge B. Ultrasonographic detection of the patellar plica in the knee. *J Clin Ultrasound.* 1986 Jun;14(5):355–60. doi: 10.1002/jcu.1870140505.
21. Vassiou K, Vlychou M, Zibis A, Nikolopoulou A, Fezoulidis I, Arvanitis D. Synovial plicae of the knee joint: the role of advanced MRI. *Postgrad Med J.* 2015 Jan;91(1071):35–40. doi: 10.1136/postgradmedj-2013-132176. Epub 2014 Dec 4.
22. Stubbings N, Smith T. Diagnostic test accuracy of clinical and radiological assessments for medial patella plica syndrome: a systematic review and meta-analysis. *Knee.* 2014 Mar;21(2):486–90. doi: 10.1016/j.knee.2013.11.001. Epub 2013 Nov 13.
23. Hayashi D, Xu L, Guermazi A, Kwok CK, Hannon MJ, Jarraya M, Green SM, Jakicic JM, Moore CE, Roemer FW. Prevalence of MRI-detected mediopatellar plica in subjects with knee pain and the association with MRI-detected patellofemoral cartilage damage and bone marrow lesions: data from the Joints On Glucosamine study. *BMC Musculoskelet Disord.* 2013 Oct 12;14:292. doi: 10.1186/1471-2474-14-292.
24. Hall R, Barber Foss K, Hewett TE, Myer GD. Sport specialization's association with an increased risk of developing anterior knee pain in adolescent female athletes. *J Sport Rehabil.* 2015 Feb;24(1):31–5. doi: 10.1123/jsr.2013-0101. Epub 2014 Mar 12. PMID: 24622506; PMCID: PMC4247342.
25. Amatzuzi MM, Fazzi A, Varella MH. Pathologic synovial plica of the knee. Results of conservative treatment. *Am J Sports Med.* 1990;18:466–469.
26. Slotkin S, Thome A, Ricketts C, Georgiadis A, Cruz AI Jr, Seeley M. Anterior Knee Pain in Children and Adolescents: Overview and Management. *J Knee Surg.* 2018 May;31(5):392–398. doi: 10.1055/s-0038-1632376. Epub 2018 Feb 28.
27. Gene E, Duymaz T. Functional effects of kinesiology taping for medial plica syndrome: a prospective randomized controlled trial. *Physiother Theory Pract.* 2021 Feb 10:1–10. doi: 10.1080/09593985.2021.1885089. Epub ahead of print.
28. Gerrard AD, Charalambous CP. Arthroscopic Excision of Medial Knee Plica: A Meta-Analysis of Outcomes. *Knee Surg Relat Res.* 2018 Dec 1;30(4):356–363. doi: 10.5792/ksrr.18.017.
29. Paczesny L, Zabrzynski J, Kentzer R, Gryckiewicz S, Lewandowski B, Szwedowski D, Kruczynski J. A 10-Year Follow-up on Arthroscopic Medial Plica Syndrome Treatments with Special Reference to Related Cartilage Injuries. *Cartilage.* 2019 Dec 6:1947603519892310. doi: 10.1177/1947603519892310. Epub ahead of print.
30. Kramer DE, Kalish LA, Abola MV, Kramer EM, Yen YM, Kocher MS, Micheli LJ. The effects of medial synovial plica excision with and without lateral retinacular release on adolescents with anterior knee pain. *J Child Orthop.* 2016 Apr;10(2):155–62. doi: 10.1007/s11832-016-0724-x. Epub 2016 Apr 1.