



“Knee Cartilage injury”

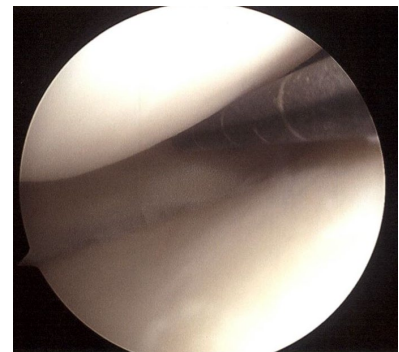
Articular Cartilage is the firm white smooth covering at the end of a bone that contacts another bone allowing for motion (joint). Loss of this cartilage for any reason is arthritis. Arthritis can occur due to “wear and tear” but focal arthritis can be due to trauma of the joint such as associated with a kneecap dislocation, during ACL rupture or meniscus injury. These lesions can present as cartilage “peeling”, “delaminating”, or as a flap.

Here are some things to consider:

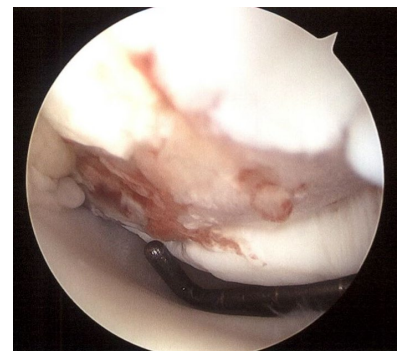
- Not all cartilage injuries are equal
- Many individuals have cartilage lesions they are unaware of. (Cartilage has no nerve endings)
- Cartilage lesions that cause mechanical symptoms or ongoing pain are appropriate for treatment.

Treatment options:

- Research on PRP (Platelet Rich Plasma), Stem Cells, and other injections is ongoing, and clinical data is limited but increasing.
- Surgical procedures are designed to create a joint that functions well mechanically.
- The cartilage lesion can be replaced by fibrocartilage, or normal articular cartilage from another location in the joint, from cadaver in patients with large lesions, or by harvesting and growing a patient’s own cartilage cells in the lab and surgically placing them back into the defect. Occasionally other surgical procedures are required to help offload the area. Successful treatment can allow patients to return to high level functioning.



Normal cartilage



Cartilage lesion after injury

Contact us:

If you have questions regarding treatment of cartilage lesions, including use of PRP or Stem Cells, schedule an appointment with Dr. Feinblatt.