

# Arthroscopic treatment of hip chondral defects autologous

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**How do you treat chondral lesions in the hip?** Non-surgical treatment includes a healthy diet, regular exercise and avoidance of aggravating activities. Arthroscopic surgery is performed to treat chondral injuries when non-surgical options are ineffective and pain persists.

**What is ACI therapy for hip?** Autologous Chondrocyte Implantation (ACI) This two-part method uses healthy cartilage from your own body to fix cartilage damage and defects. In the first stage, we use an arthroscope to find healthy cartilage from a joint in your body that does not bear any weight.

**What is the role of hip arthroscopy in the diagnosis and treatment of hip disease?** When a patient's hip pain has not responded to the appropriate treatment and radiographic measurements have not shown any specific pathology, arthroscopy of the hip can be a valuable diagnostic and therapeutic procedure.

**What is matrix induced autologous chondrocyte implantation hip?** Matrix-induced Autologous Chondrocyte Implantation (MACI): This technique employs cultured chondrocytes (the cells which produce the cartilage) to repair the articular cartilage damage. These chondrocytes are inserted onto a layer of collagen which is then implanted over the damaged area of the joint.

**How is a chondral defect treated?** Several types of transplants have been described, including taking small plugs of bone and cartilage from other locations in the knee and filling this defect. Often what is required is the use of a fresh donor graft of bone and cartilage that is specifically matched to the size and dimensions of the defect.

**What is the recovery time for chondral defect surgery?** Most cartilage repair procedures take approximately 6 months to recover. Chondroplasty is the most time efficient (6-8 weeks). Autograft mosaicplasty or OATS can take 4-6 months. Osteochondral allograft transplantation and juvenile minced cartilage implantation require approximately 6 months.

**How much does autologous chondrocyte implantation (ACI) cost?** First, surgery is performed to harvest normal articular cartilage, which is cultured in the laboratory. Eight weeks later, a second surgery involves placing a biomembrane patch over the lesion and injecting chondrocytes beneath it. At a cost of approximately \$40,000, it is an expensive treatment.

**What is the success rate of ACI surgery?** The overall success rate of ACI is approximately 85% in allowing patients to return to pain-free activities.

**What is the recovery time for ACI surgery?** Most patients will not be able to run until about 9 to 12 months. However, you will be allowed to be full weight bearing at about 6-8 weeks after your surgery. The grafted cartilage's regenerative process will be complete at about 18 months. It is at this time that the joint has been restored.

**Who is not a candidate for hip arthroscopy?** Hip arthroscopy is usually not an option for those with osteoarthritis. Hip arthroscopy may be an option if you've been diagnosed with or if your doctor suspects: Hip impingement: pinching between the bones of the hip joint due to irregular bone shape.

**What is the most common complication of hip arthroscopy?** Injuries Secondary to Traction This can lead to soft-tissue injuries associated with the traction itself (distraction-type) or with the perineal post (compression-type). The most commonly cited complication following hip arthroscopy is a distraction-type injury, occurring in up to 7% of the cases<sup>23,24</sup>.

**Do you have to wear a hip brace after hip arthroscopy?** Hip arthroscopy is usually an outpatient surgery, meaning you should be able to go home the same day as your procedure. Most people need to wear a brace on their hip for around three weeks after surgery. You'll need to use crutches for a few weeks, and won't be able to put any weight on your hip for at least a week.

**How successful is autologous chondrocyte implantation?** Postoperatively the patient should use a CPM machine and remain nonweightbearing for a minimum of 6 weeks. There are overall favourable clinical outcomes for ACI treatment of OCD defects, with successful results reported in 77% to 91% of cases.

**What is autologous chondrocyte replacement?** Matrix-induced autologous chondrocyte implantation or MACI is a procedure in which a patient's own cells are used to regrow new cartilage for the knee joint. Because of this, it is a two-part procedure. At first, a cartilage biopsy is performed arthroscopically.

**What is matrix autologous chondrocyte implantation?** Matrix-Induced autologous chondrocyte implantation (MACI) is an innovative, FDA-approved cartilage restoration procedure that uses your own cells to repair cartilage defects in your knee. It can alleviate knee pain, help you regain function and may even delay or prevent arthritis.

**What is a chondral defect of the hip?** A chondral defect of the hip is a condition that occurs when there is articular cartilage damage. The defect and/or damage to the articular cartilage can result in a number of conditions leading to various symptoms.

**What is the difference between chondral defect and osteoarthritis?** Over time, articular cartilage damage can lead to osteoarthritis (OA). Chondral defects are classified from Grades I-IV, depending on the severity of damage. In mild to moderate cases, cartilage becomes soft, shredded and thin. In significant Grade IV cases, cartilage wears down all the way to the bone.

**What is a Stage 3 chondral defect?** Grade III: This stage presents an increased amount of damage to the level of subchondral bone (bone right below the cartilage) in an area with a diameter more than 1.5 cm. Patients will often complain about noise as the knee bends and soreness or trouble standing from a squatted position.

**Does a chondral defect need surgery?** Chondral defects are difficult to treat and can sometimes require surgical repair if all conservative measures have failed.

**How to treat chondral defects?**

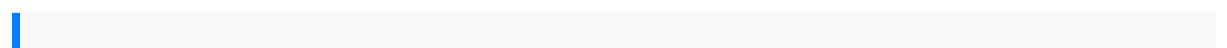
**What does a chondral defect feel like?** Symptoms of Knee Chondral Defect: The symptoms of a chondral injury are not as obvious as those of a meniscus tear or ligament injury. Swelling is often the only symptom. The loose cartilage fragments floating in the knee can cause swelling. Pain with prolonged walking or climbing stairs can occur.

**Do chondral lesions heal?** Chondral defects can sometimes also affect the underlying bone, or such lesions can occur in isolation without bone involvement. Cartilage has a poor ability to repair itself, as it has a very limited blood supply. Without treatment, chondral defects do not heal, and often get bigger over time.

**How do you treat a lesion on the hip bone?** It can also sometimes occur in the hip or shoulder. Treatment usually involves chemotherapy and surgery. The 5-year survival rate is 70 percent for children and young people with osteosarcoma in one location when they are diagnosed. The usual treatment options for osteosarcoma are chemotherapy, surgery, and radiation.

**What are the symptoms of chondral damage in the hip?** Common symptoms include hip joint pain ranging from dull to severe, pain that worsens with activity, decrease in range of motion, and a locking or catching sensation.

**How do you fix osteochondral lesions?** Treatments may include removing injured cartilage and bone, fixing the injured fragment in place with pins or screws, microfracture or drilling of the lesion (to create channels for blood and bone marrow to help heal), bone grafting the bone cyst below the cartilage, and/or transfer or grafting of bone and cartilage.



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