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## Cartilage Disorders

Cartilage is the tough but flexible tissue that covers the ends of your bones at a joint. It also gives shape and support to other parts of your body, such as your ears, nose and windpipe. Healthy cartilage helps you move by allowing your bones to glide over each other. It also protects bones by preventing them from rubbing against each other.

Injured, inflamed, or damaged cartilage can cause symptoms such as pain and limited movement. It can also lead to joint damage and deformity. Causes of cartilage problems include :

- Tears and injuries, such as sports injuries [<https://medlineplus.gov/sportsinjuries.html>]
- Genetic factors
- Other disorders, such as some types of arthritis

Osteoarthritis [<https://medlineplus.gov/osteoarthritis.html>] results from breakdown of cartilage.

*NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases*

## Treatments and Therapies

- Arthroscopy [<https://www.mayoclinic.org/tests-procedures/arthroscopy/about/pac-20392974?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/arthroscopy/about/pac-20392974?p=1>]
- Glucosamine: Does It Protect Cartilage in Osteoarthritis? [<https://www.mayoclinic.org/diseases-conditions/osteoarthritis/expert-answers/glucosamine/FAQ-20058430?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/osteoarthritis/expert-answers/glucosamine/faq-20058430?p=1>]

## Related Issues

- Growth Plate Injuries [<https://www.niams.nih.gov/health-topics/growth-plate-injuries>]  
 (National Institute of Arthritis and Musculoskeletal and Skin Diseases)  
Also in Spanish [<https://www.niams.nih.gov/es/informacion-de-salud/lesiones-en-las-placas-de-crecimiento>]

## Specifics

- Costochondritis [<https://www.mayoclinic.org/diseases-conditions/costochondritis/symptoms-causes/syc-20371175?p=1>] (Mayo Foundation for Medical Education and Research)
- Enchondroma [<https://orthoinfo.aaos.org/en/diseases--conditions/enchondroma>] (American Academy of Orthopaedic Surgeons)
- Hallux Rigidus [<https://www.foohealthfacts.org/conditions/hallux-rigidus>] (American College of Foot and Ankle Surgeons)  
Also in Spanish [<https://www.foohealthfacts.org/conditions/hallux-rigidus?lang=es-MX>]
- Hip Labral Tear [<https://www.mayoclinic.org/diseases-conditions/hip-labral-tear/symptoms-causes/syc-20354873?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/hip-labral-tear/symptoms-causes/syc-20354873?p=1>]

- Osteochondritis Dissecans [<https://familydoctor.org/condition/osteochondritis-dissecans/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/condicion/osteochondritis-disecante-es/?adfree=true>]
- Osteochondrodysplasias [<https://www.merckmanuals.com/home/children-s-health-issues/connective-tissue-disorders-in-children/osteochondrodysplasias>] (Merck & Co., Inc.)  
Also in Spanish [<https://www.merckmanuals.com/es-us/hogar/salud-infantil/trastornos-del-tejido-conjuntivo-en-ni%C3%B1os/osteochondrodisplasias>]
- Perichondritis [<https://www.merckmanuals.com/home/ear-nose-and-throat-disorders/outer-ear-disorders/perichondritis>] (Merck & Co., Inc.)  
Also in Spanish [<https://www.merckmanuals.com/es-us/hogar/trastornos-otorrinolaringol%C3%B3gicos/trastornos-del-o%C3%ADdito-externo/pericondritis>]

## Genetics

- Familial osteochondritis dissecans: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/familial-osteochondritis-dissecans>]  (National Library of Medicine)

## Clinical Trials

- ClinicalTrials.gov: Cartilage Diseases [<https://clinicaltrials.gov/search?cond=%22Cartilage+Diseases%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Polychondritis, Relapsing [<https://clinicaltrials.gov/search?cond=%22Polychondritis,+Relapsing%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Treatment of Chondral Defect of the Knee Joint - Current Methods, ... [<https://www.ncbi.nlm.nih.gov/pubmed/40521601>]
- Article: PTPN11 in cartilage development, adult homeostasis, and diseases. [<https://www.ncbi.nlm.nih.gov/pubmed/40379623>]
- Article: Targeting mitochondria in bone and cartilage diseases: A narrative review. [<https://www.ncbi.nlm.nih.gov/pubmed/40354767>]
- Cartilage Disorders -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Cartilage+Diseases%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- Find a Rheumatologist [<https://my.rheumatology.org/rheumatology-provider-directory>] (American College of Rheumatology)
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>]   
Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

## Children

- Cauliflower Ear [<https://kidshealth.org/en/kids/cauliflower-ear.html>] (Nemours Foundation)
- Chest Wall Disorder: Pectus Carinatum [<https://kidshealth.org/en/parents/pectus-carinatum.html>]  
Also in Spanish [<https://kidshealth.org/es/parents/pectus-carinatum.html>]
- Costochondritis (For Parents) [<https://kidshealth.org/en/parents/costochondritis.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/costochondritis.html>]
- Growth Plate Fractures [<https://orthoinfo.aaos.org/en/diseases--conditions/growth-plate-fractures/>]  
(American Academy of Orthopaedic Surgeons)

• Osteochondritis Dissecans (For Parents) [<https://kidshealth.org/en/parents/osteochondritis-dissecans.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/osteochondritis-dissecans.html>]

• Pectus excavatum repair - series [[https://medlineplus.gov/ency/presentations/100035\\_1.htm](https://medlineplus.gov/ency/presentations/100035_1.htm)] (Medical Encyclopedia)  
Also in Spanish [[https://medlineplus.gov/spanish/ency/esp\\_presentations/100035\\_1.htm](https://medlineplus.gov/spanish/ency/esp_presentations/100035_1.htm)]

## Teenagers

- Health Lesson: Learning About Joints [<https://www.niams.nih.gov/health-topics/educational-resources/health-lesson-learning-about-joints>]  (National Institute of Arthritis and Musculoskeletal and Skin Diseases)
- Meniscus Tears [<https://kidshealth.org/en/teens/meniscus-tear.html>] (Nemours Foundation)

## Patient Handouts

- Costochondritis [<https://medlineplus.gov/ency/article/000164.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000164.htm>]
- Meniscus tears - aftercare [<https://medlineplus.gov/ency/patientinstructions/000684.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000684.htm>]
- Pectus carinatum [<https://medlineplus.gov/ency/article/003321.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003321.htm>]
- Pectus excavatum [<https://medlineplus.gov/ency/article/003320.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003320.htm>]
- Perichondritis [<https://medlineplus.gov/ency/article/001253.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001253.htm>]



## MEDICAL ENCYCLOPEDIA

[Costochondritis](https://medlineplus.gov/ency/article/000164.htm) [<https://medlineplus.gov/ency/article/000164.htm>]

[Knee microfracture surgery](https://medlineplus.gov/ency/article/007255.htm) [<https://medlineplus.gov/ency/article/007255.htm>]

[Meniscal allograft transplantation](https://medlineplus.gov/ency/article/007209.htm) [<https://medlineplus.gov/ency/article/007209.htm>]

[Meniscus tears - aftercare](https://medlineplus.gov/ency/patientinstructions/000684.htm) [<https://medlineplus.gov/ency/patientinstructions/000684.htm>]

[Pectus carinatum](https://medlineplus.gov/ency/article/003321.htm) [<https://medlineplus.gov/ency/article/003321.htm>]

[Pectus excavatum](https://medlineplus.gov/ency/article/003320.htm) [<https://medlineplus.gov/ency/article/003320.htm>]

[Pectus excavatum - discharge](https://medlineplus.gov/ency/patientinstructions/000298.htm) [<https://medlineplus.gov/ency/patientinstructions/000298.htm>]

[Pectus excavatum repair](https://medlineplus.gov/ency/article/002949.htm) [<https://medlineplus.gov/ency/article/002949.htm>]

[Pectus excavatum repair - series](https://medlineplus.gov/ency/presentations/100035_1.htm) [[https://medlineplus.gov/ency/presentations/100035\\_1.htm](https://medlineplus.gov/ency/presentations/100035_1.htm)]

[Perichondritis](https://medlineplus.gov/ency/article/001253.htm) [<https://medlineplus.gov/ency/article/001253.htm>]

## Related Health Topics

Connective Tissue Disorders [<https://medlineplus.gov/connectivetissuedisorders.html>]

Elbow Injuries and Disorders [<https://medlineplus.gov/elbowinjuriesanddisorders.html>]

Joint Disorders [<https://medlineplus.gov/jointdisorders.html>]

Knee Injuries and Disorders [<https://medlineplus.gov/kneeinjuriesanddisorders.html>]

## National Institutes of Health

The primary NIH organization for research on *Cartilage Disorders* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

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