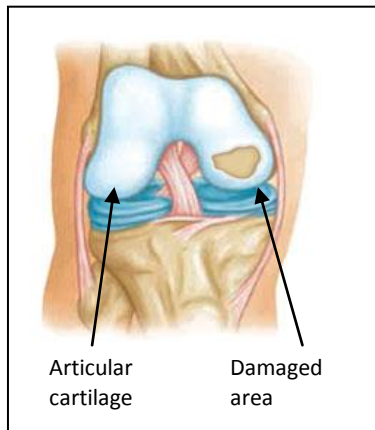


Chondroplasty for Articular Cartilage Lesions

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For a long time Orthopaedic Surgeons and scientists have been looking for a reproducible way of regenerating articular cartilage, which is the smooth cartilage that lines the end of the bones that form joints. This cartilage is known as hyaline cartilage and has a very poor blood and nerve supply. This results in a very poor ability to regenerate or heal itself following damage. The surface of articular cartilage is usually very smooth, but can be made rough by trauma or abrasion from a meniscal tear.

Chondroplasty is performed to smooth damaged cartilage in the knee and is often performed in conjunction with an arthroscopic meniscectomy. A small motorized instrument called a 'shaver' or chondrotome is used to remove any loose hyaline cartilage and smooth the roughened surface on the end of the bone.

The operation is performed via the arthroscopy as day surgery, which means you may go home on the day of your surgery. You will be permitted to walk on your knee bearing weight as soon as possible. Supervised rehabilitation will be recommended after surgery with a physiotherapist. Chondroplasty has a very limited role in knees that have degenerative arthritis, or thinning of the articular cartilage. Chondroplasty does not assist with the regeneration of the articular cartilage.