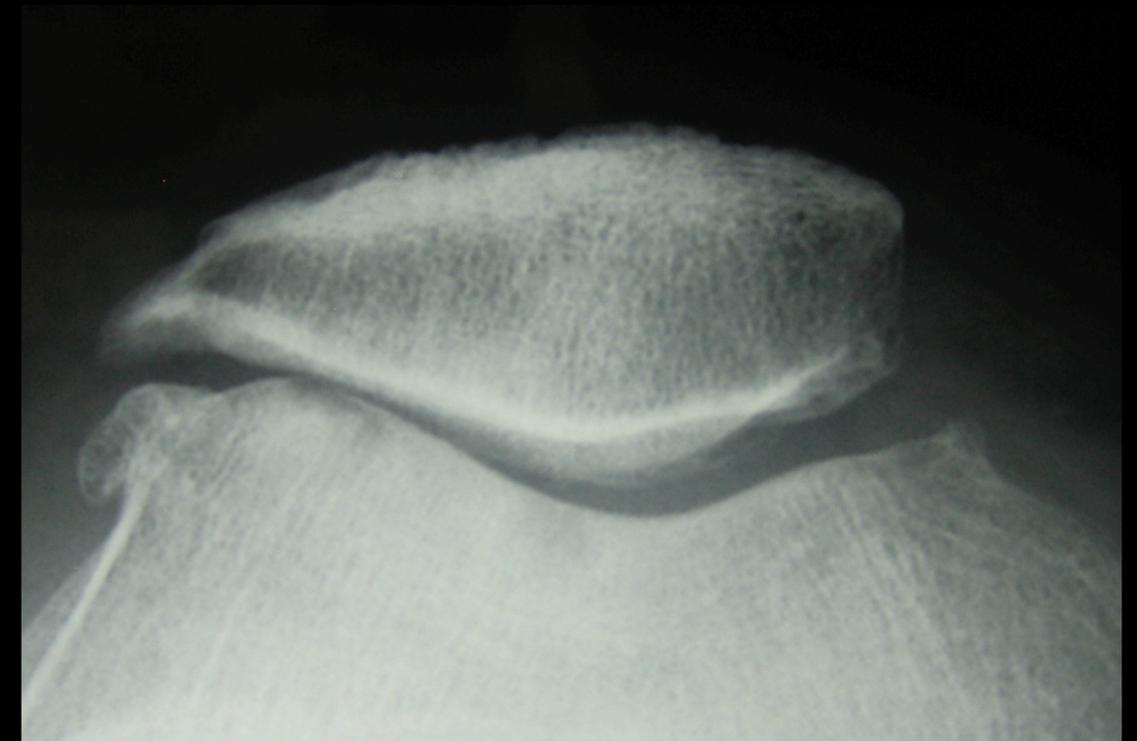


How I deal with cartilage and osteochondral defects in patellofemoral instability

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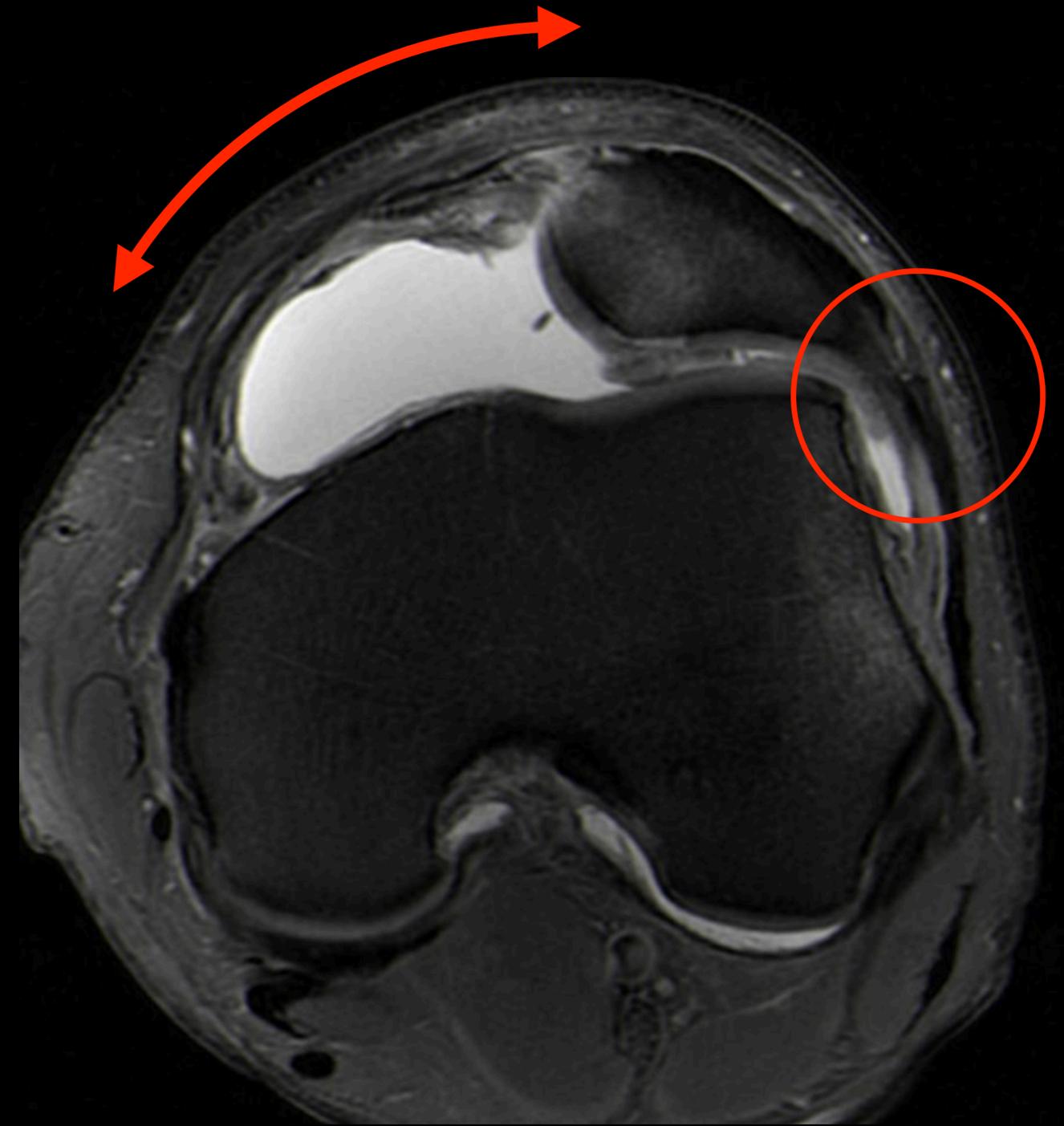
Cartilage injuries in PF instability

- Frequent problem in patellofemoral instability
- And ultimately, OA is the main problem if not treated
- “Prevention” is therefore the key point



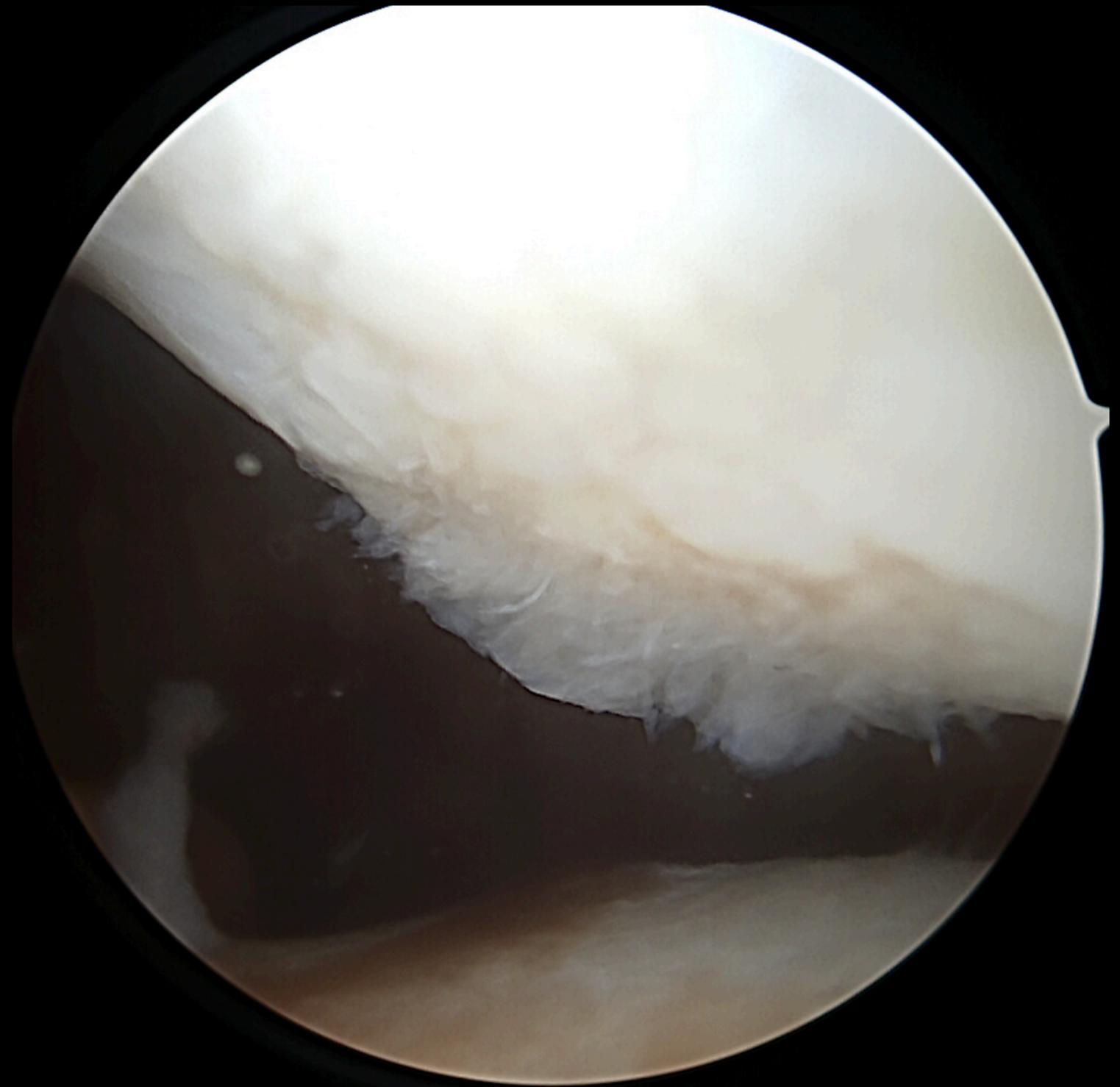
“Prevention”

- **Correct the instability** and unload the zone of cartilage defect
- Do we have to treat the cartilage lesion?



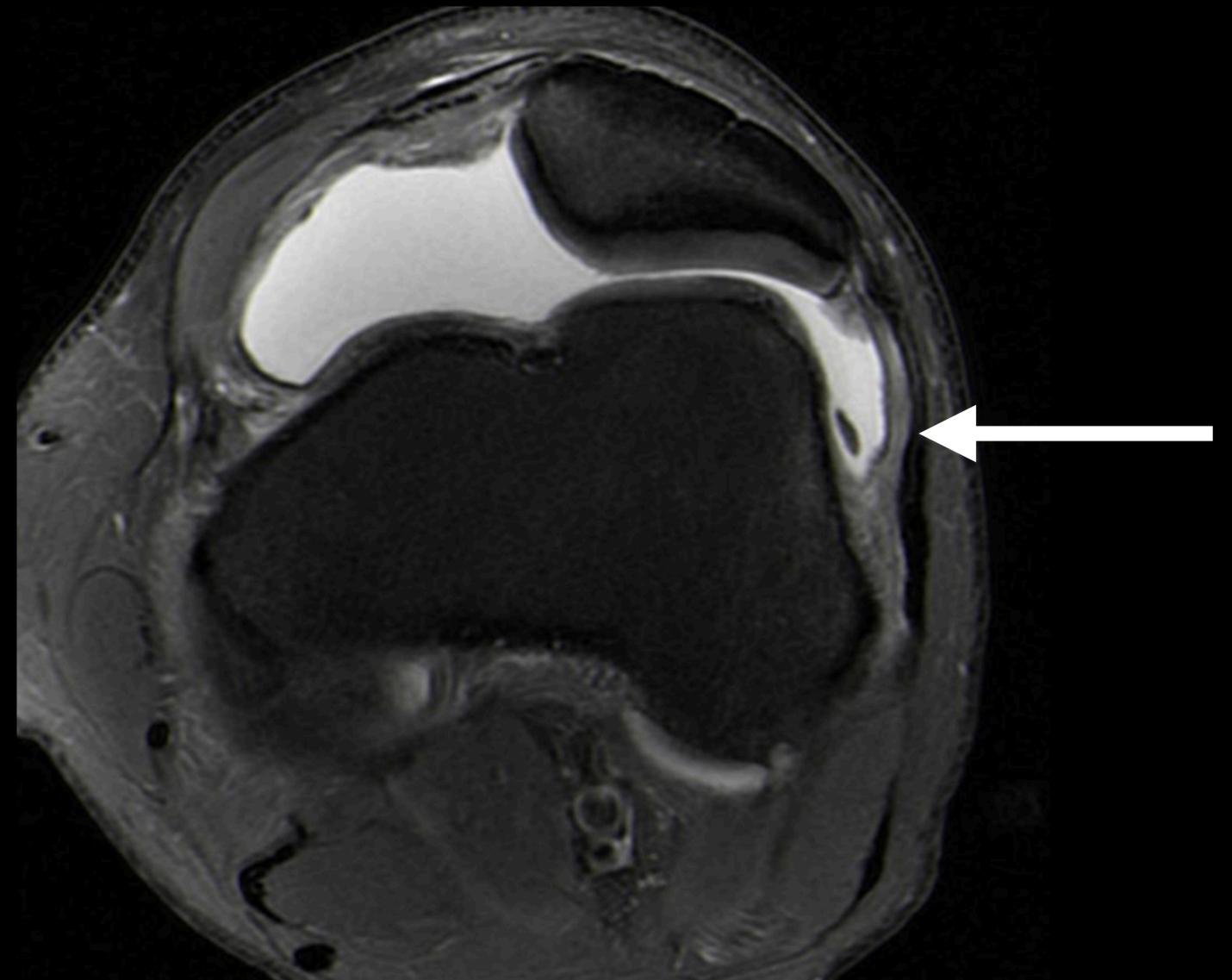
2 scenarios

- **Acute**
- **Chronic**



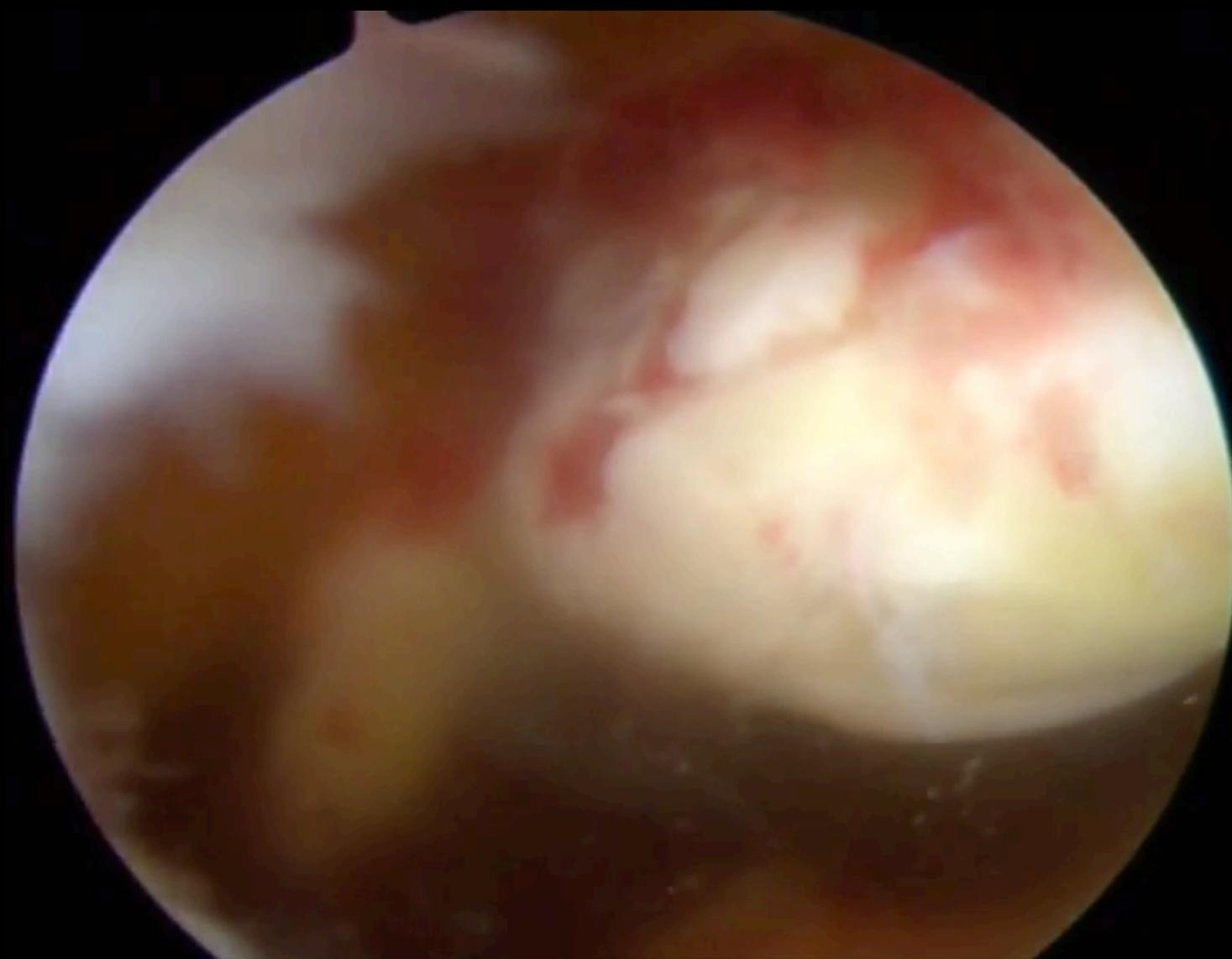
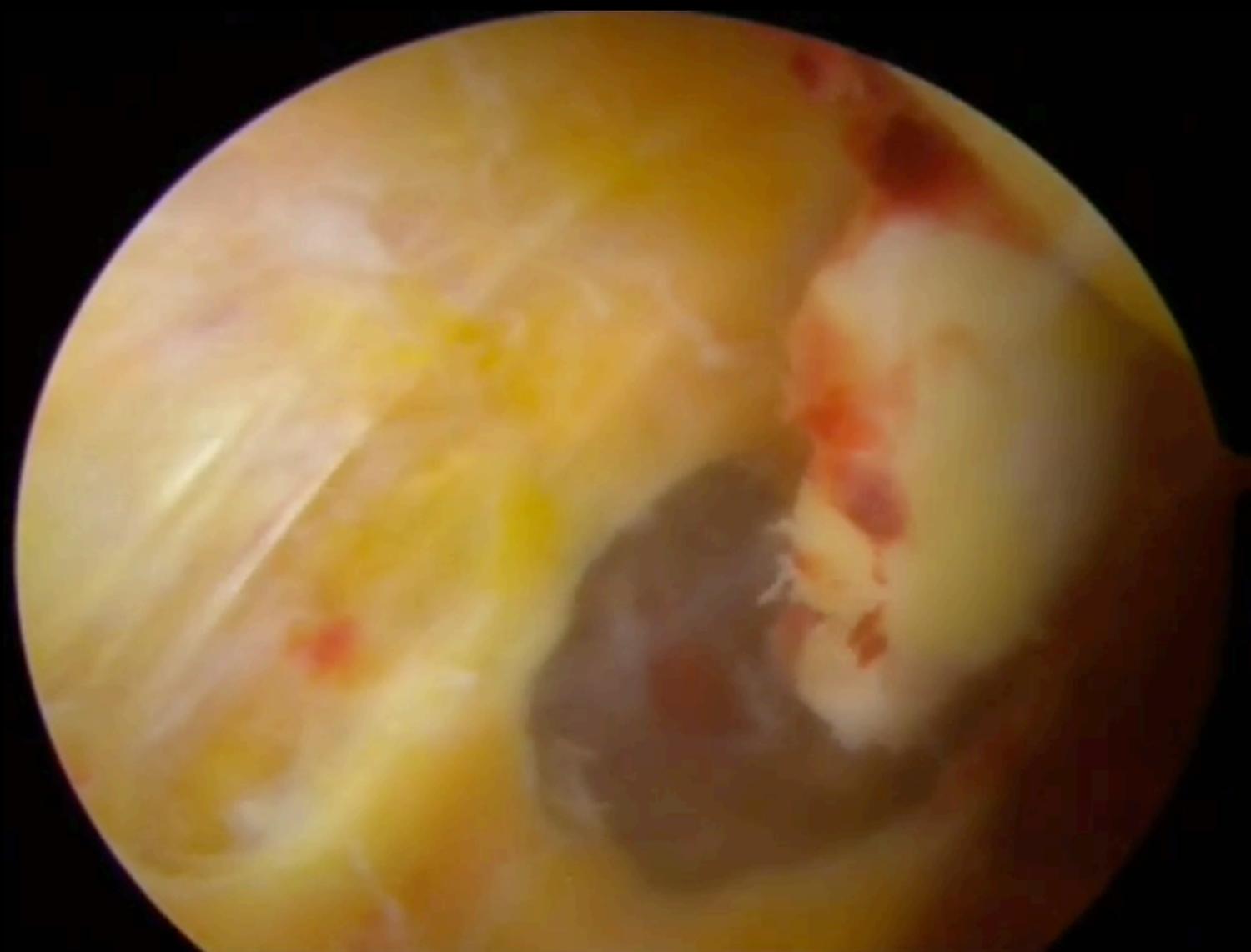
Acute cases

- Osteochondral defect,
loose bodies



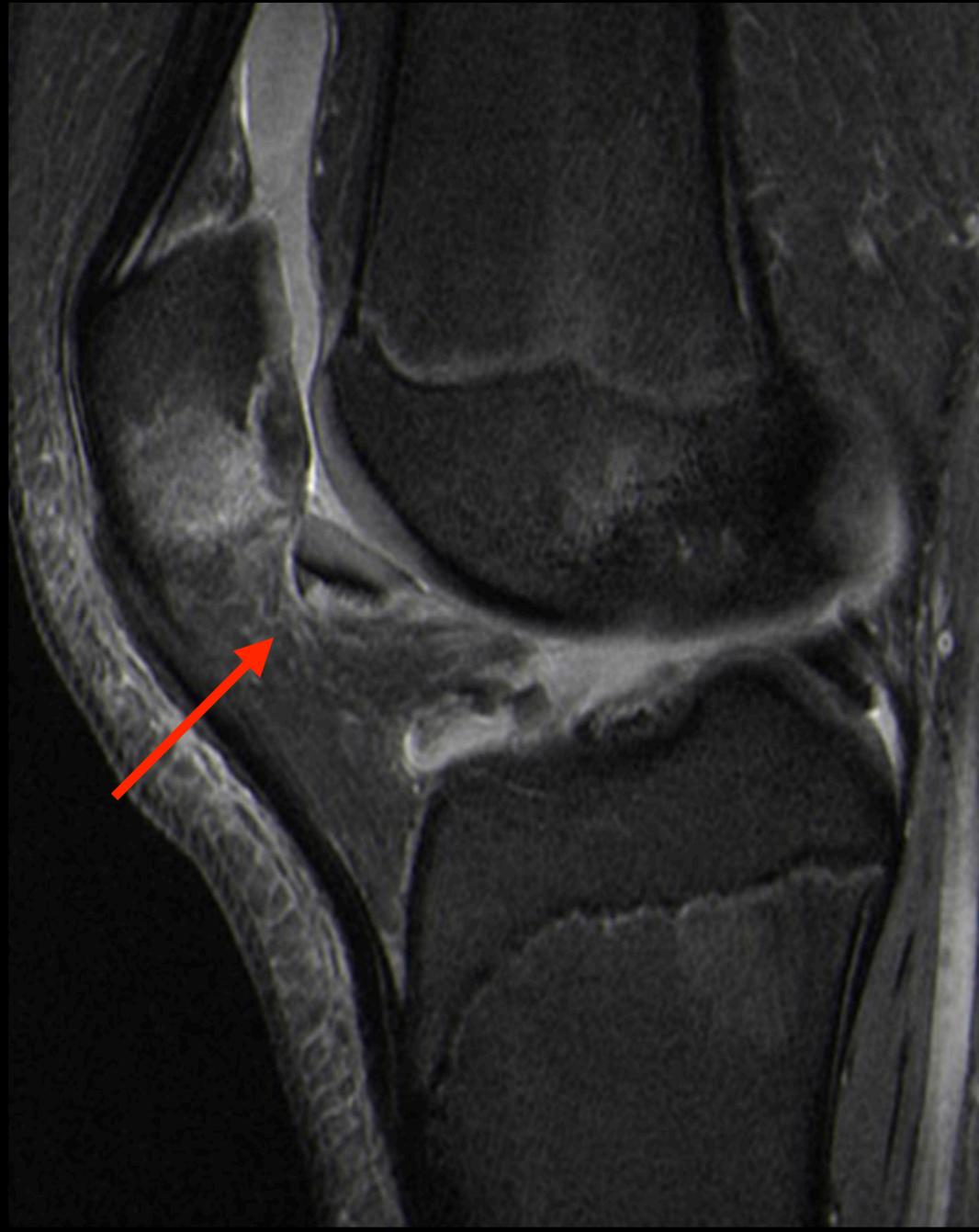
Acute cases: Osteochondral defect, loose bodies

- If only chondral loose body, usually simple resection
- one of the justifications for arthroscopy after first episode of instability is conservative treatment is the option

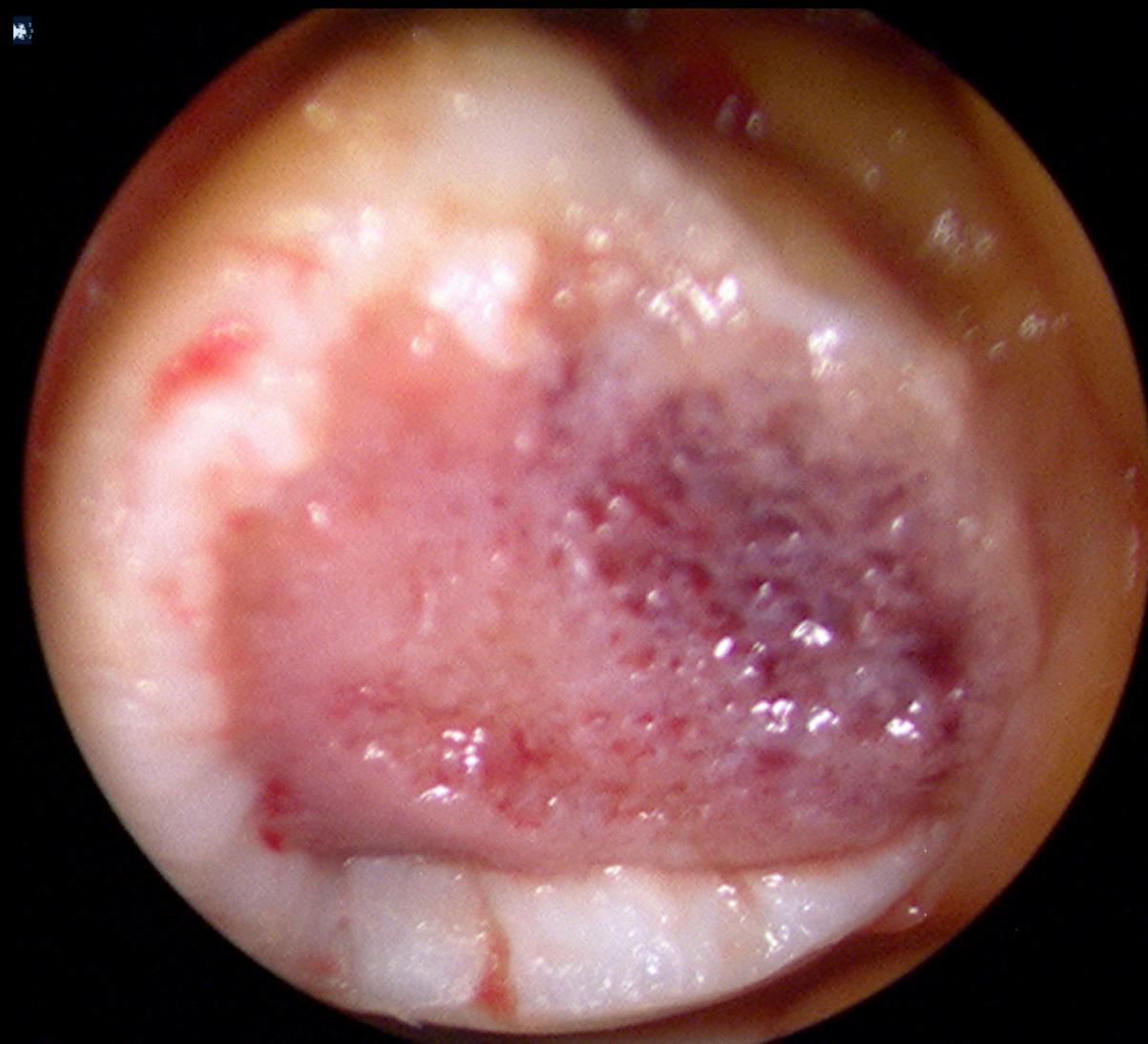
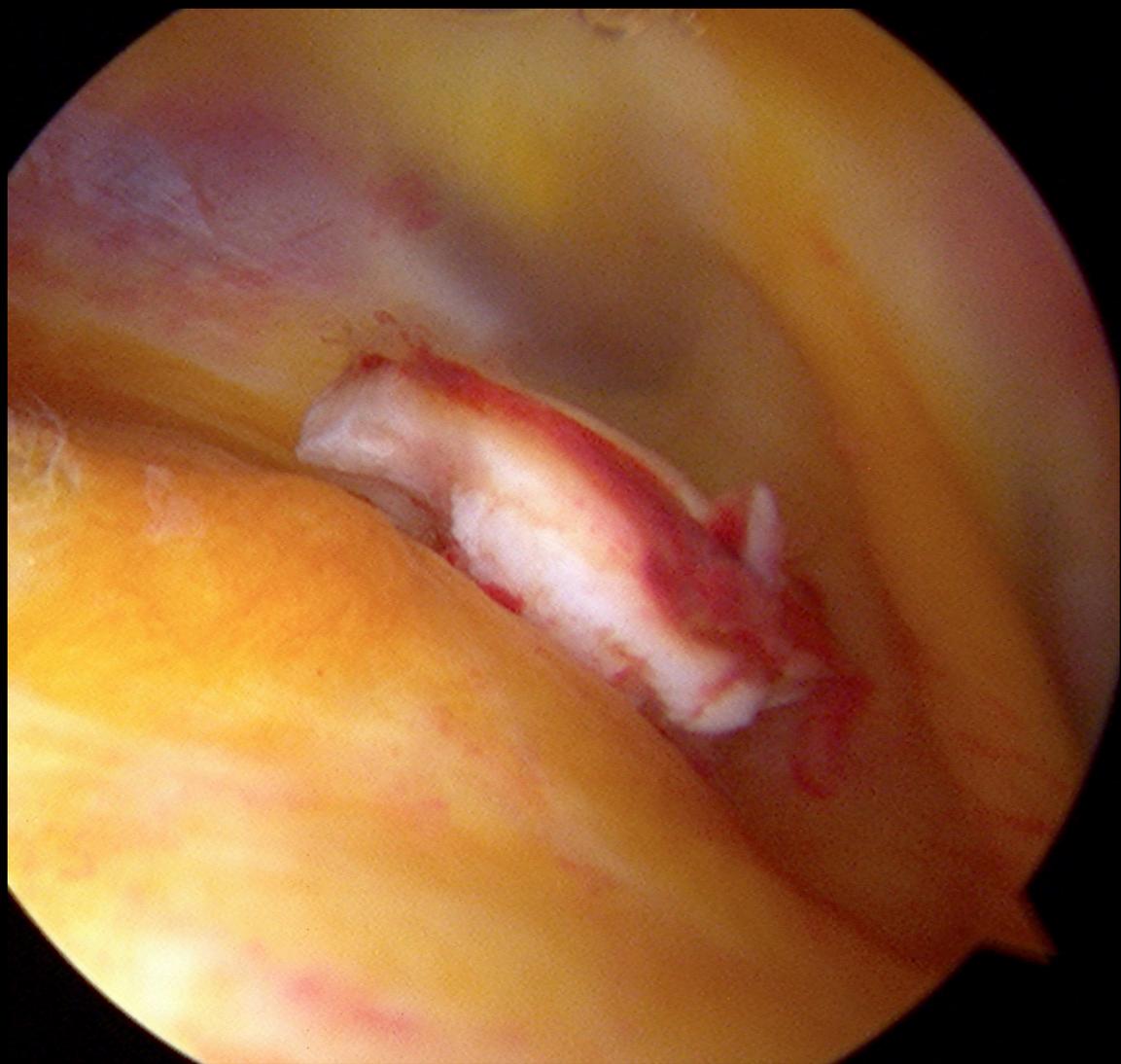


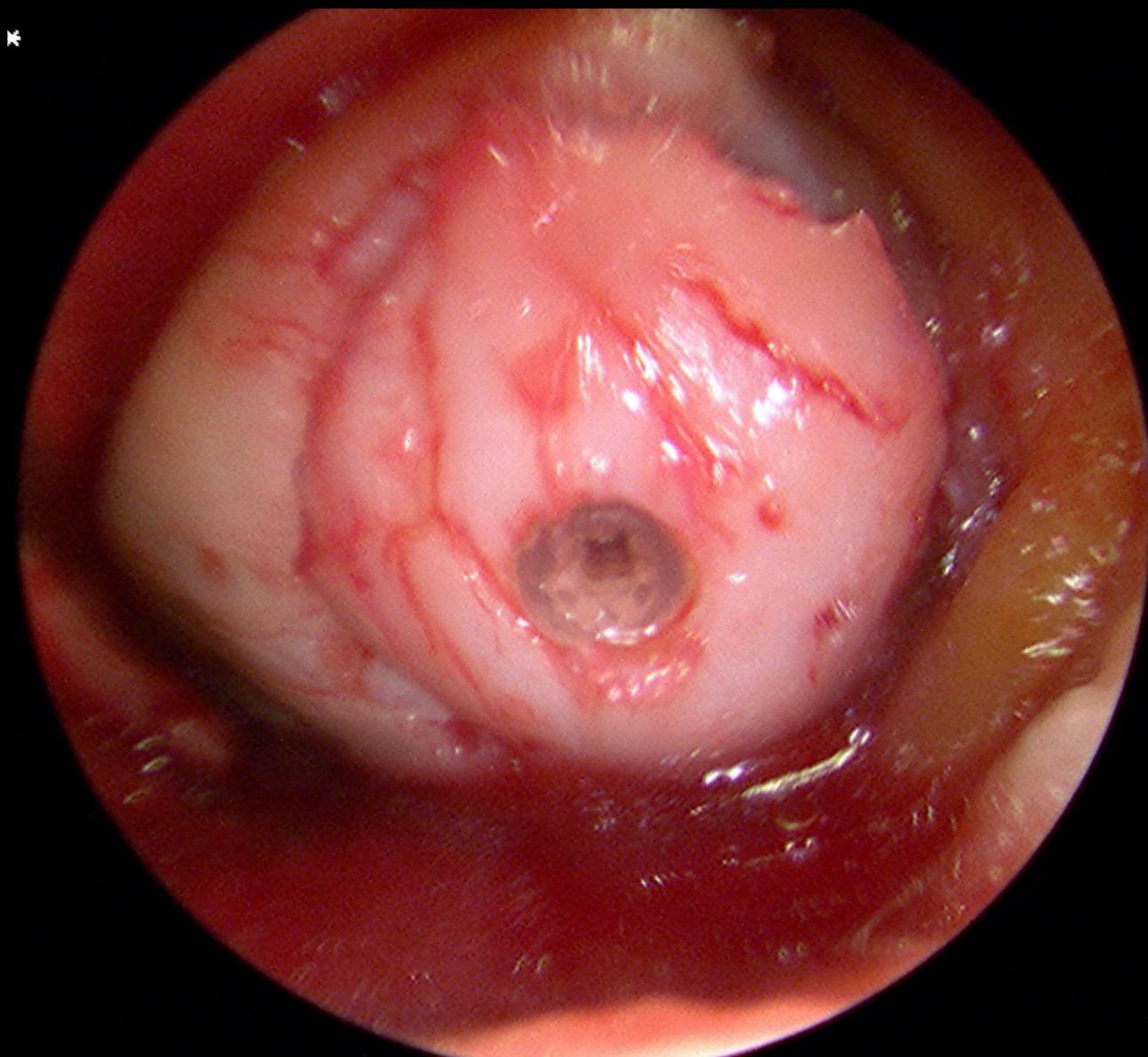
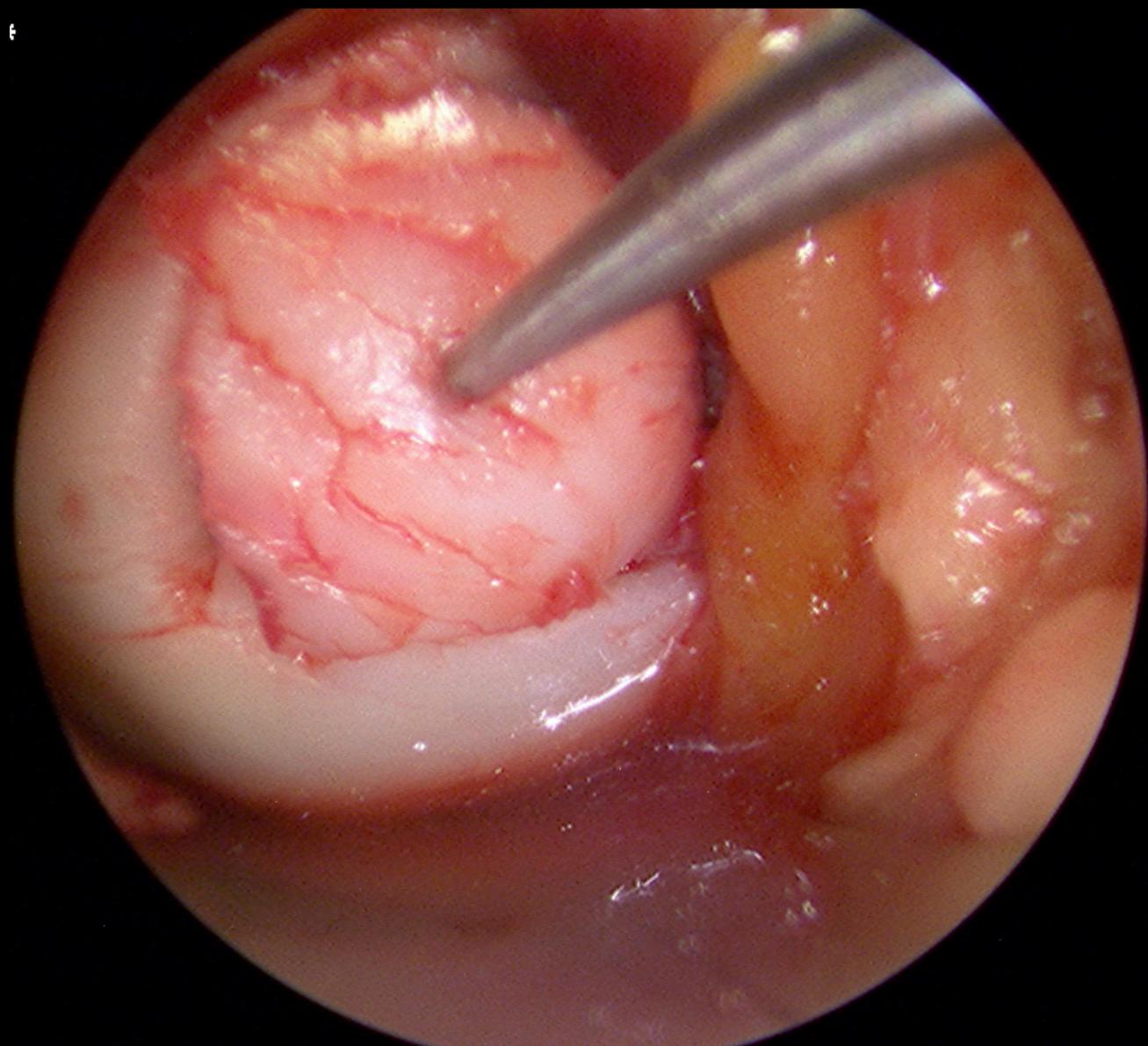
Acute cases: Osteochondral defect, loose bodies

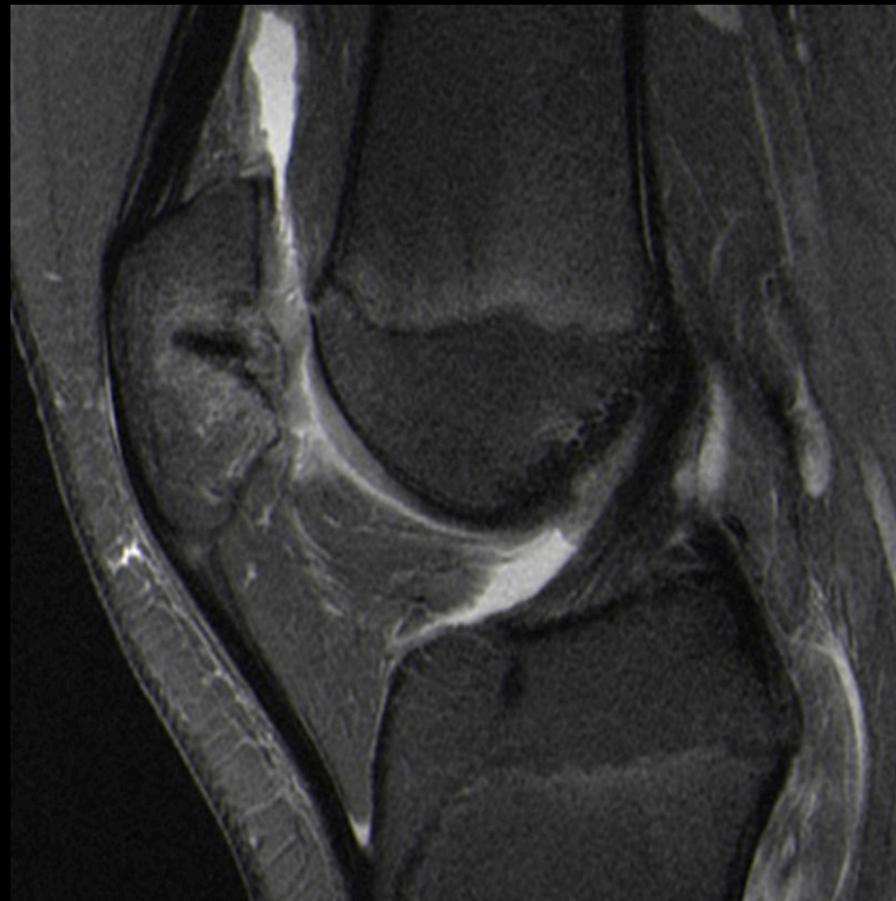
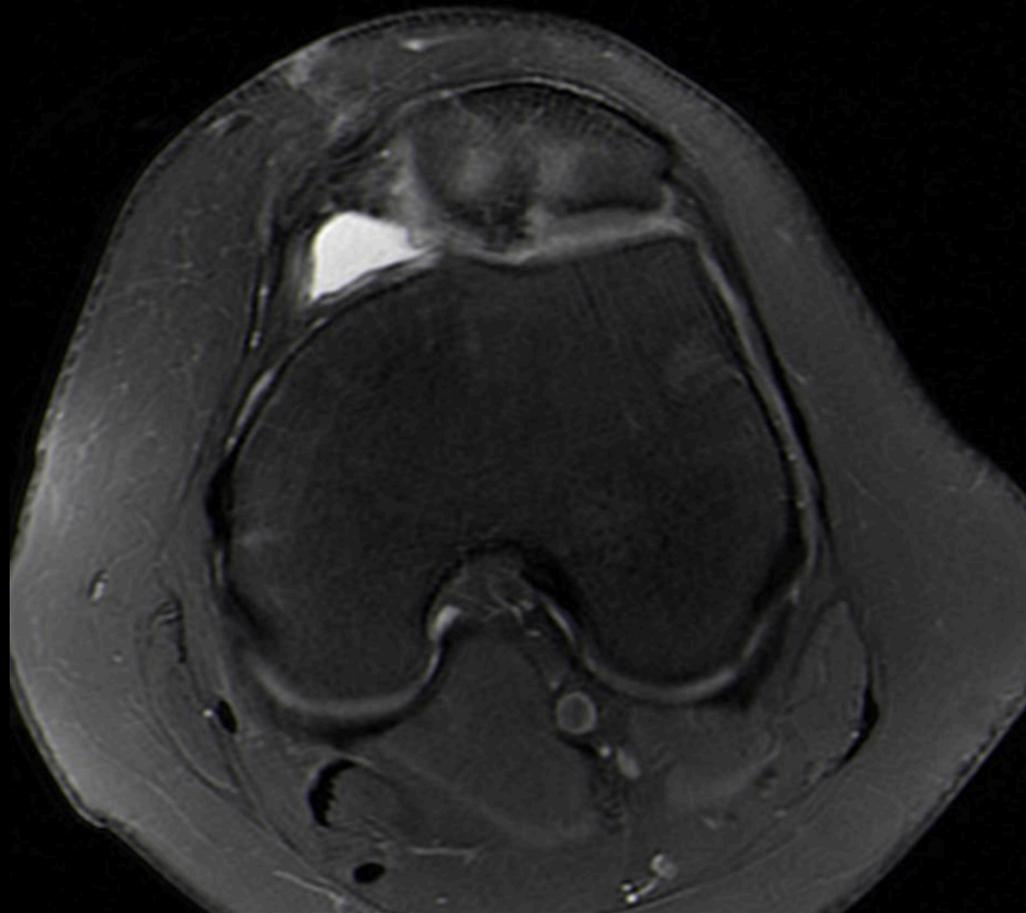
- If osteochondral fragment, fixation +/- combined with PF surgical correction.



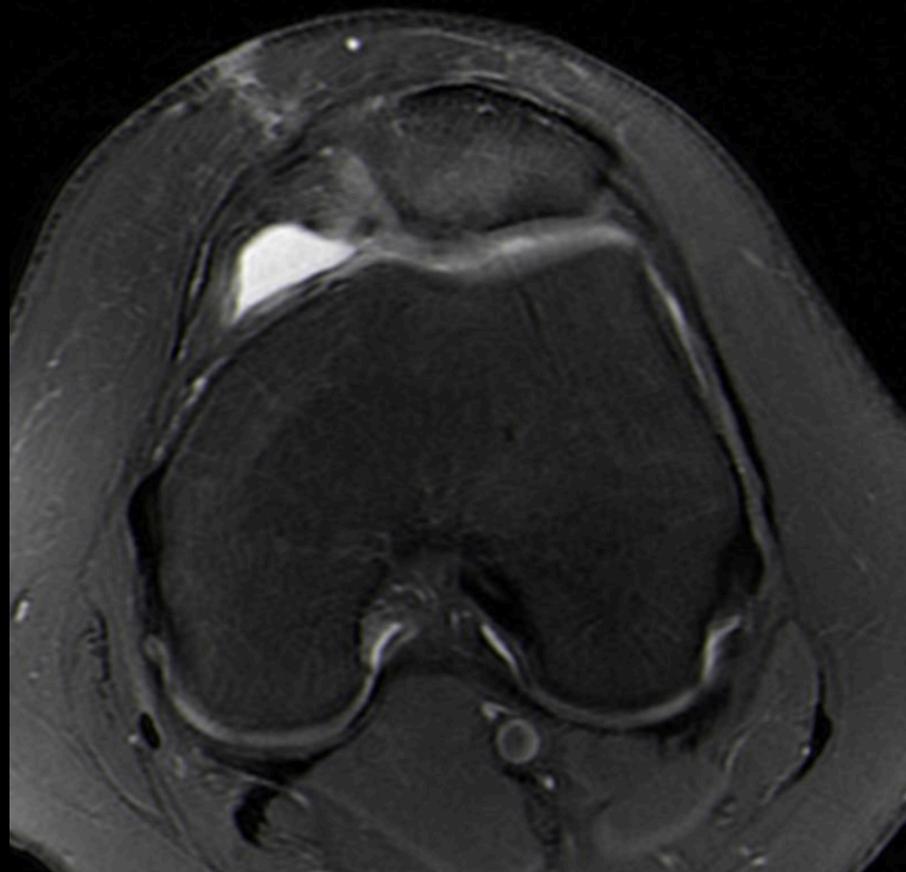
14 yo Female
Patella dislocation
First episode



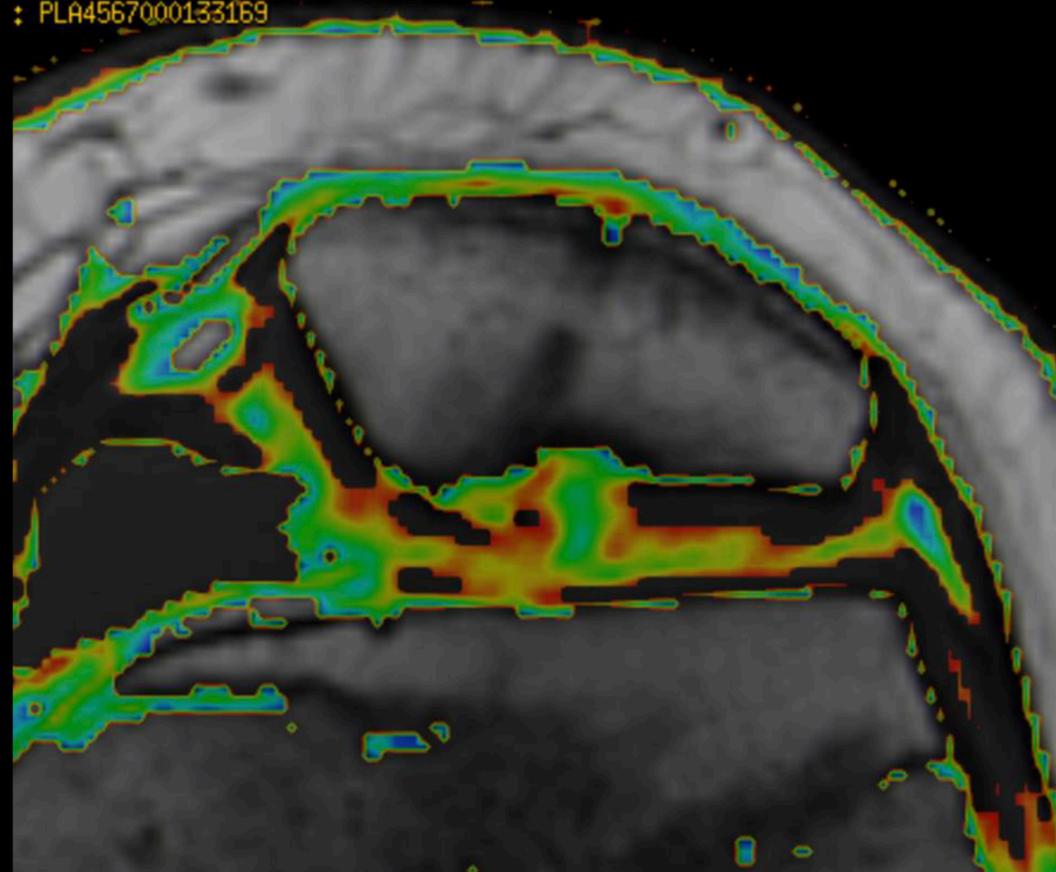




6 months

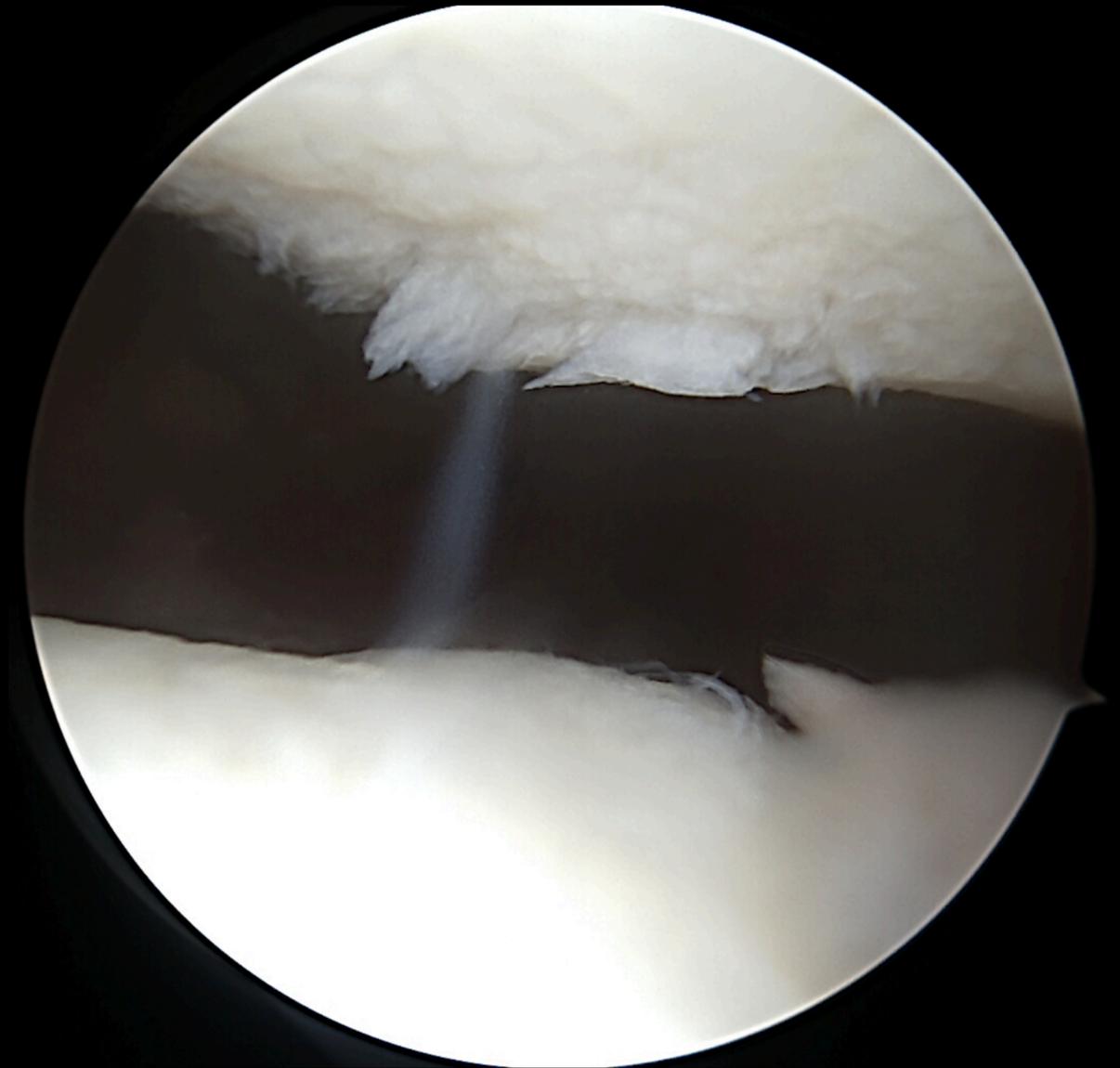


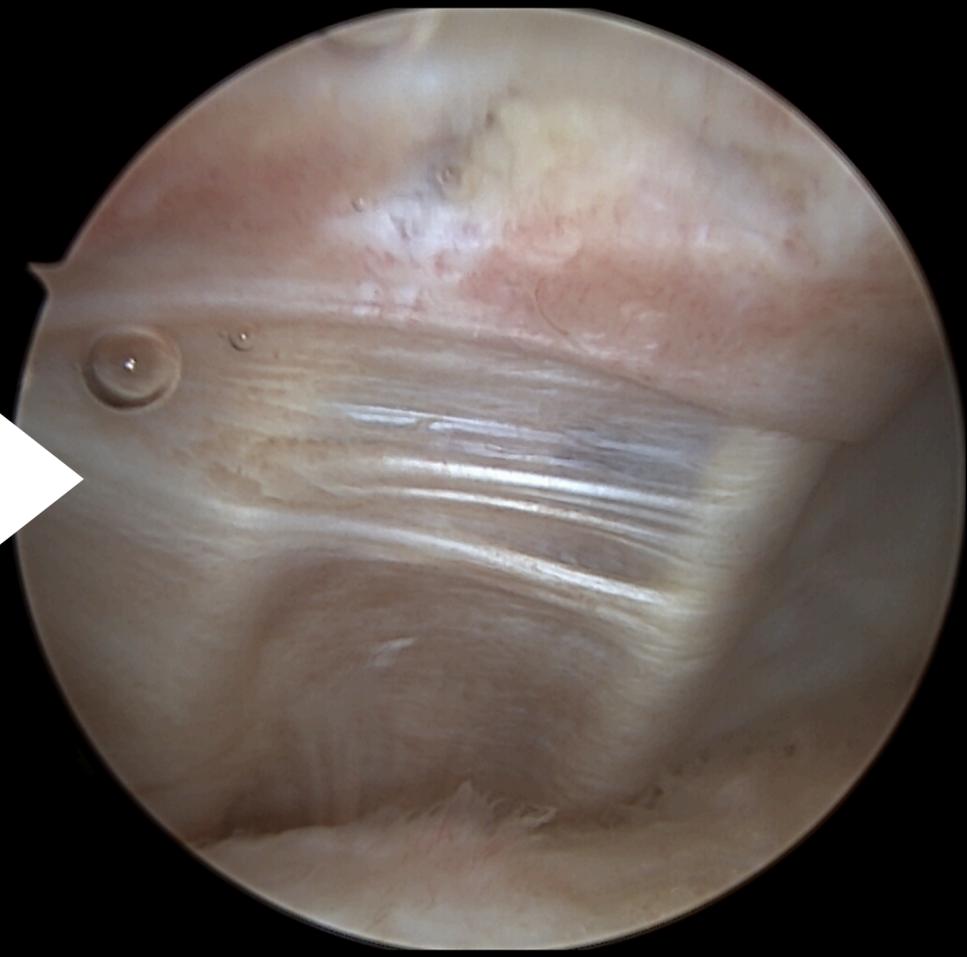
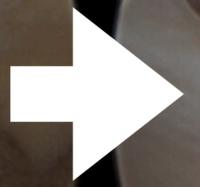
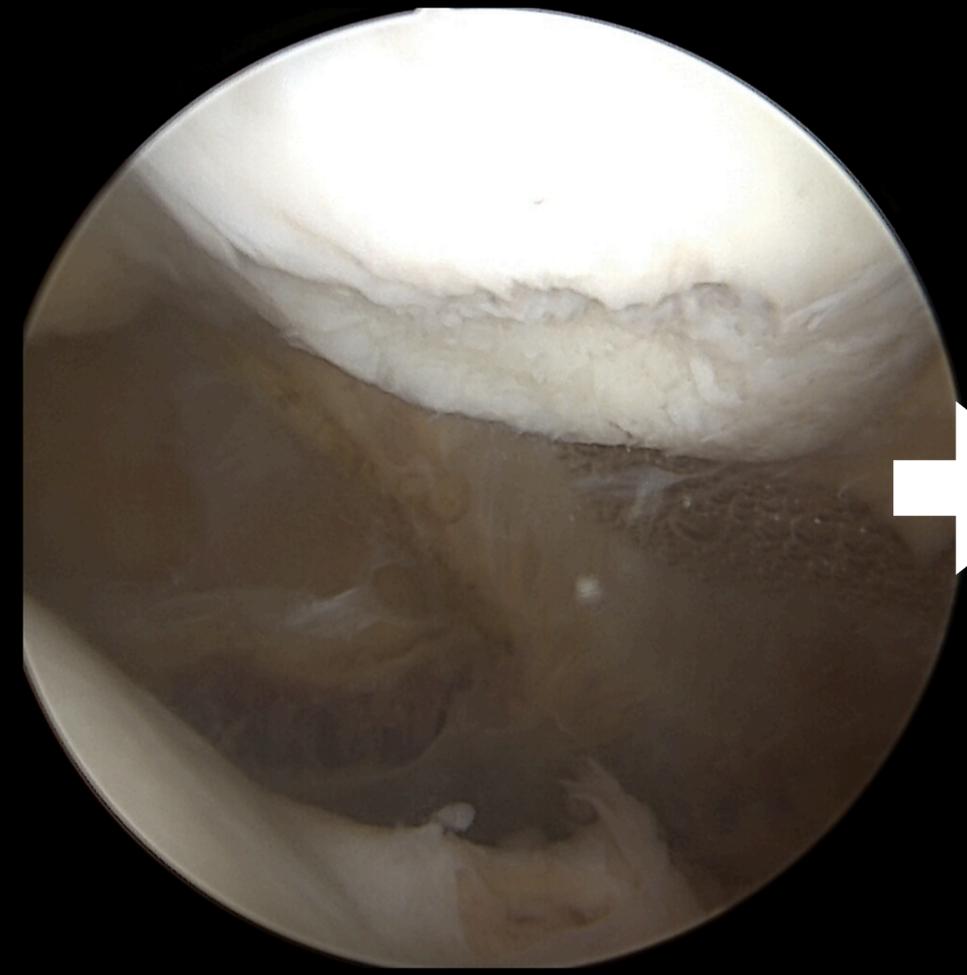
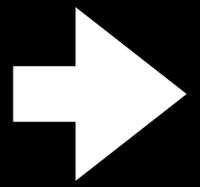
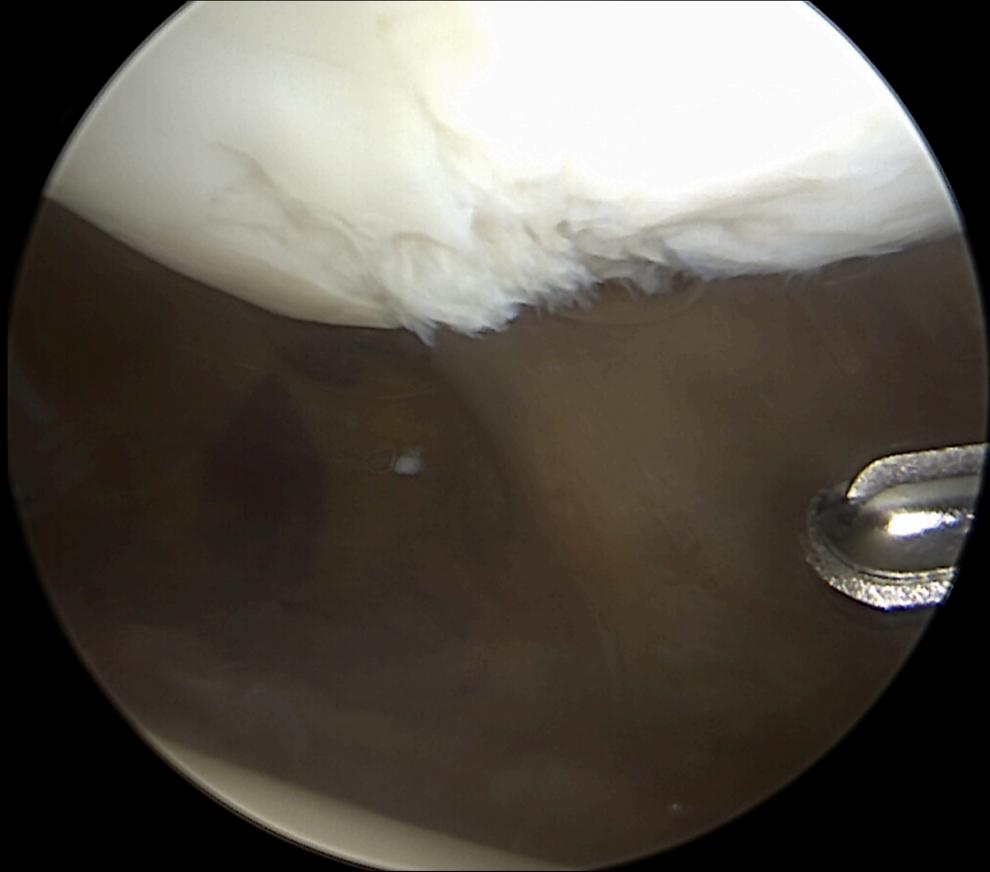
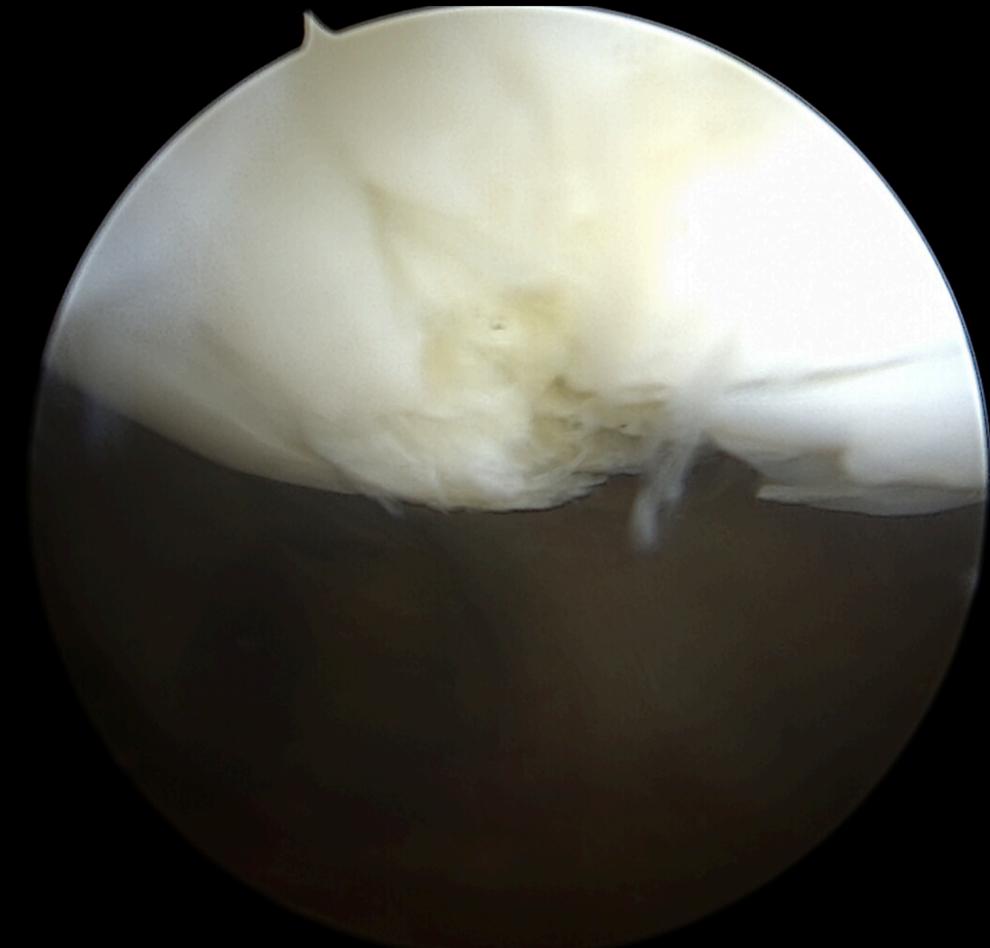
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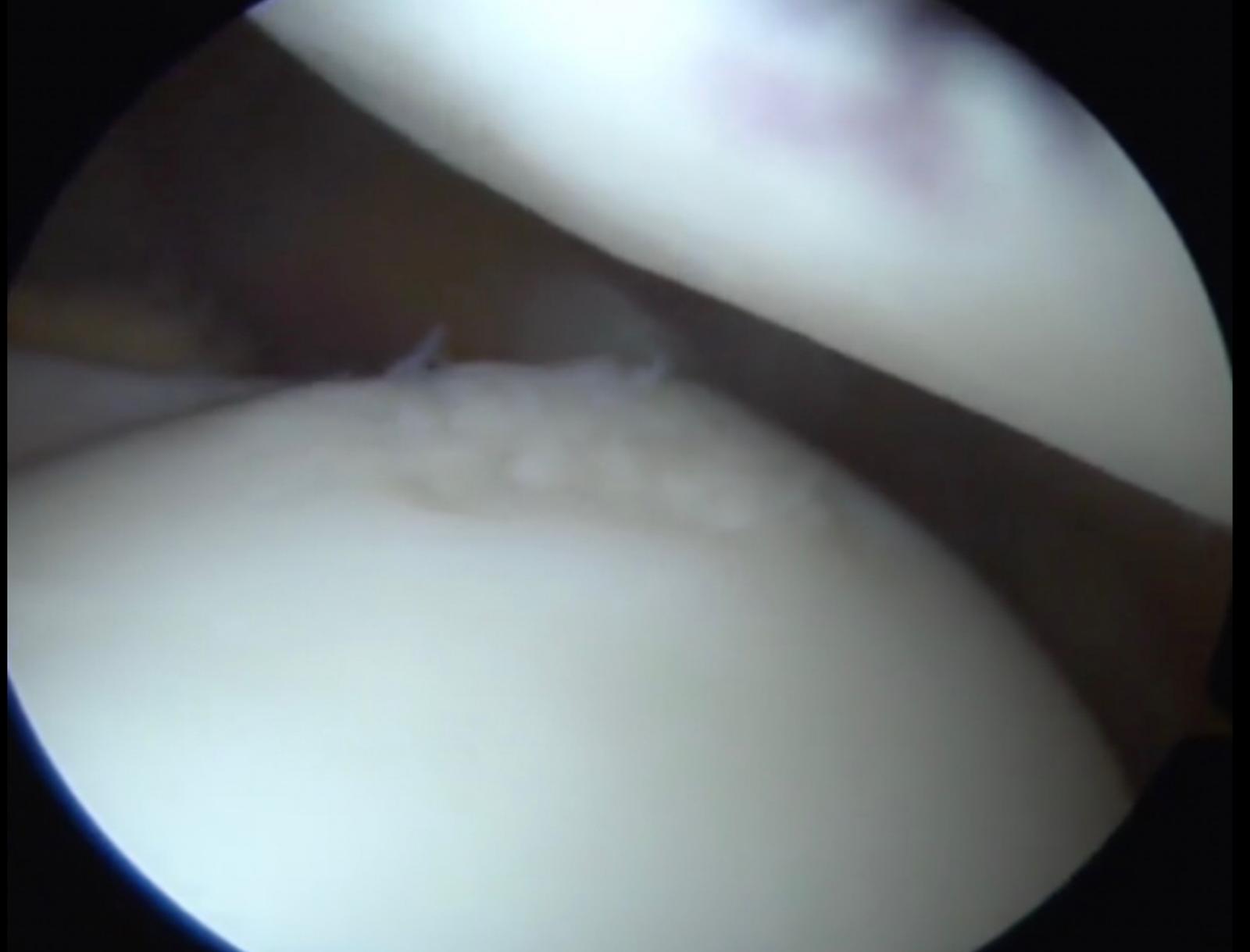
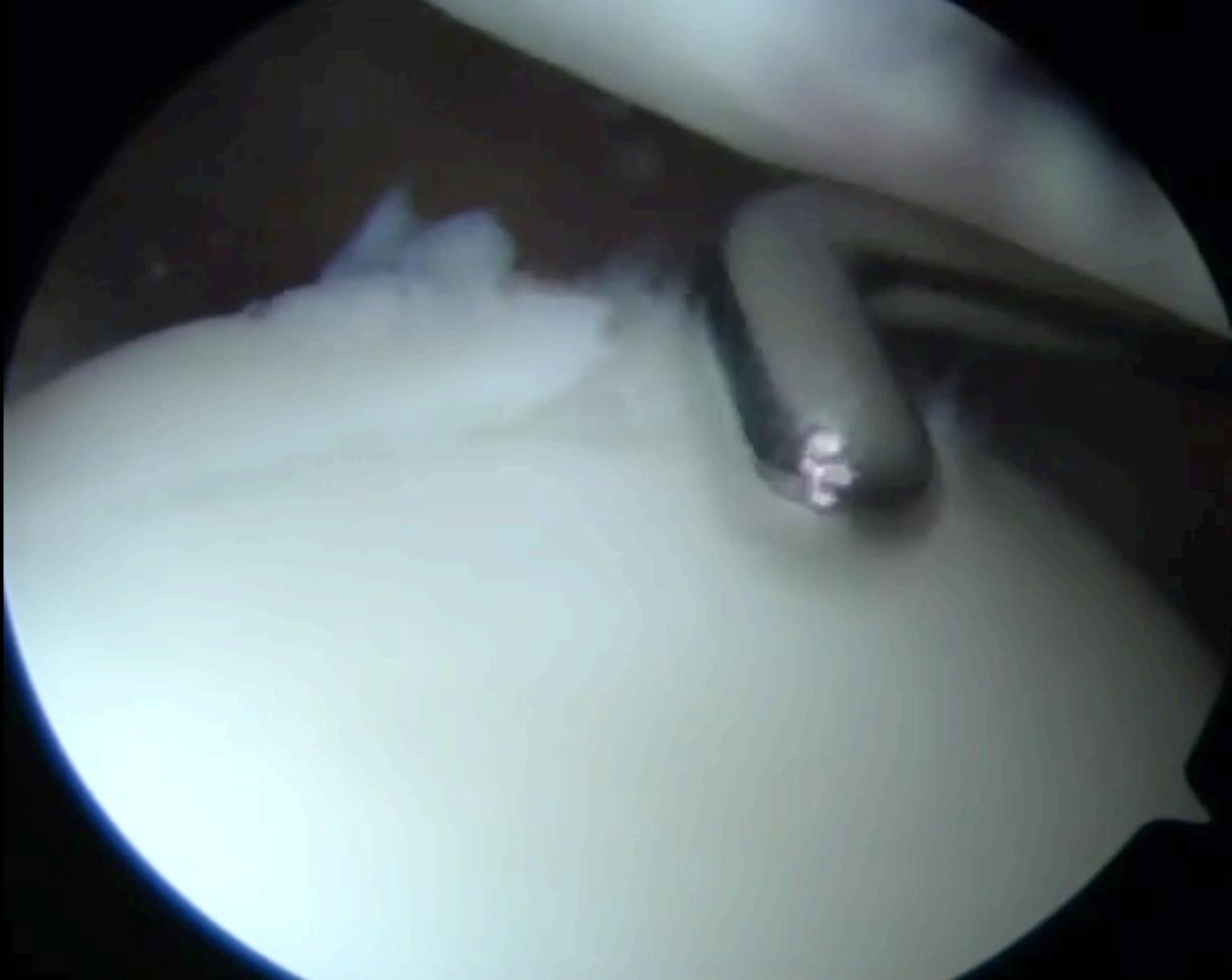


Acute cases: Small localized chondral lesion

- Usually, simple debridement
- Microfracture
- Nanofracture

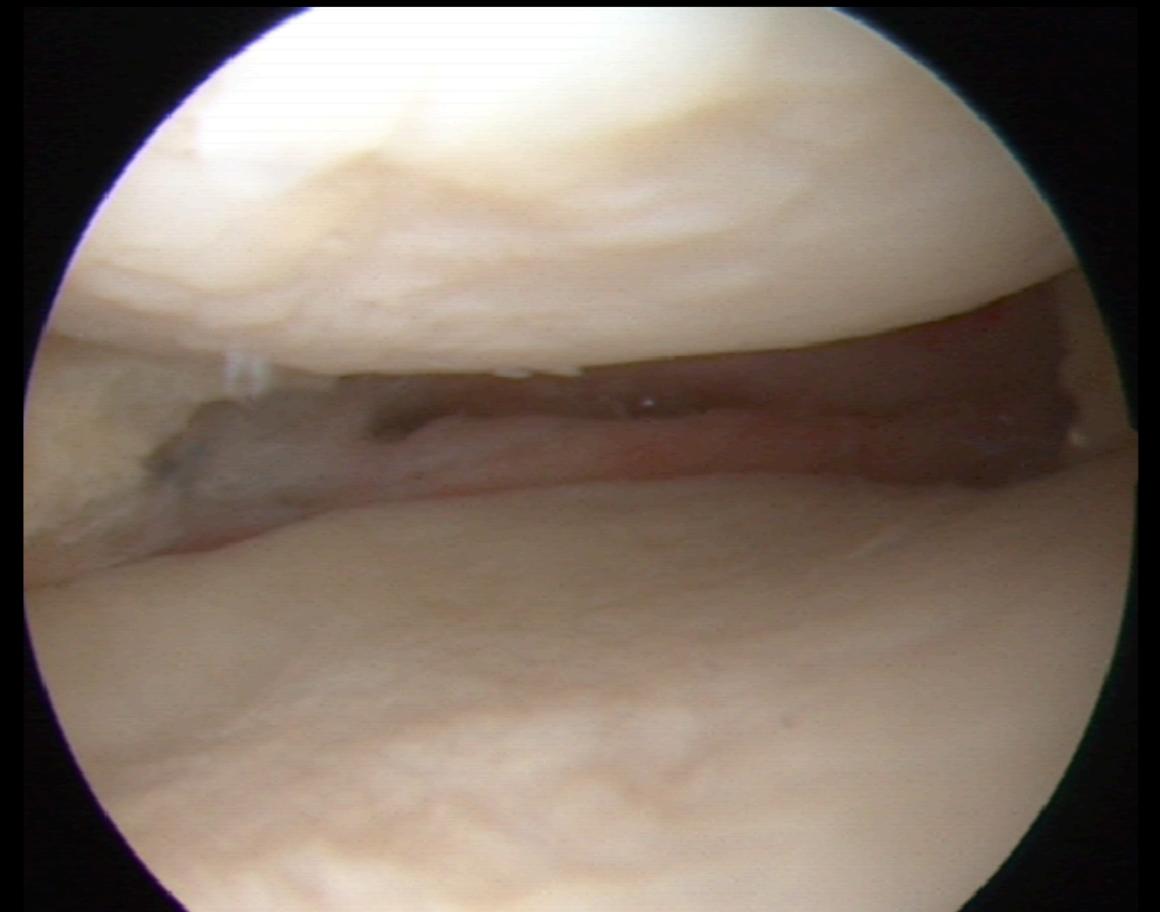
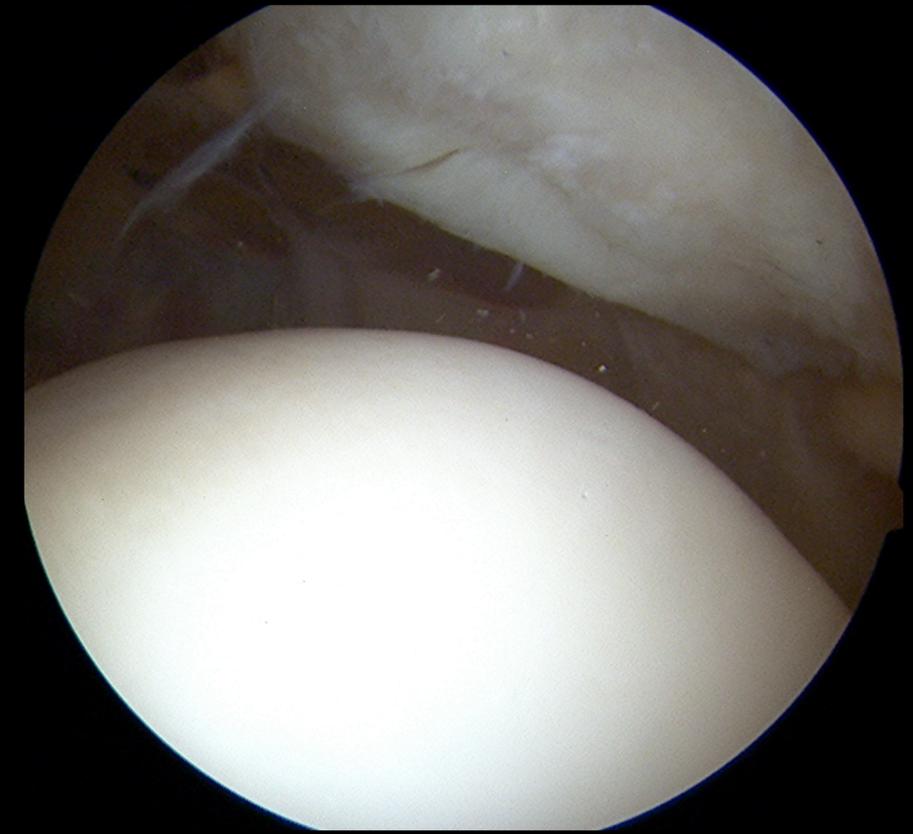






Chronic cases

- The main treatment for chronic PF cartilage lesion is correction of instability to unload the damaged cartilage.



Chronic cases

- The main treatment for chronic PF cartilage lesion is correction of instability to unload the damaged cartilage.

Like HTO



Chronic cases

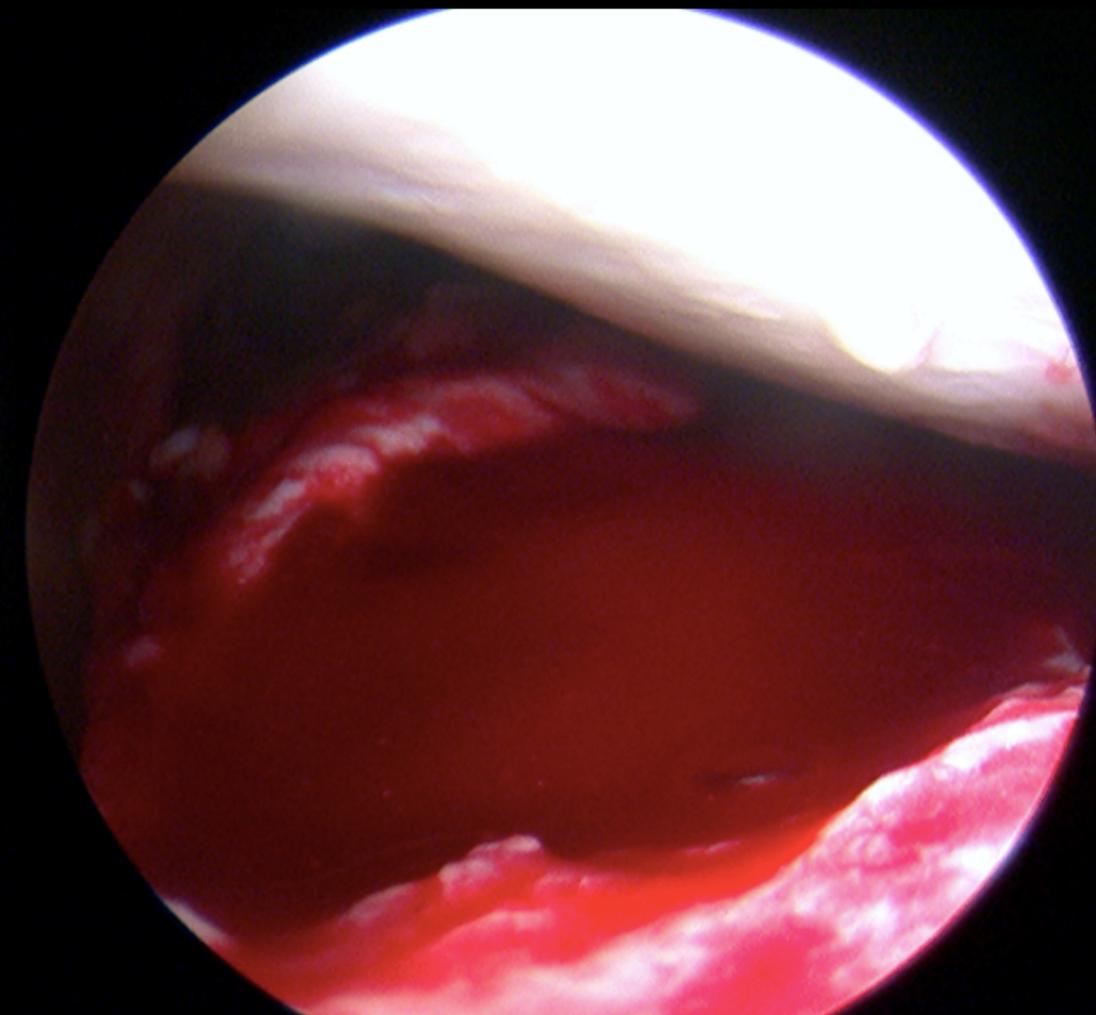
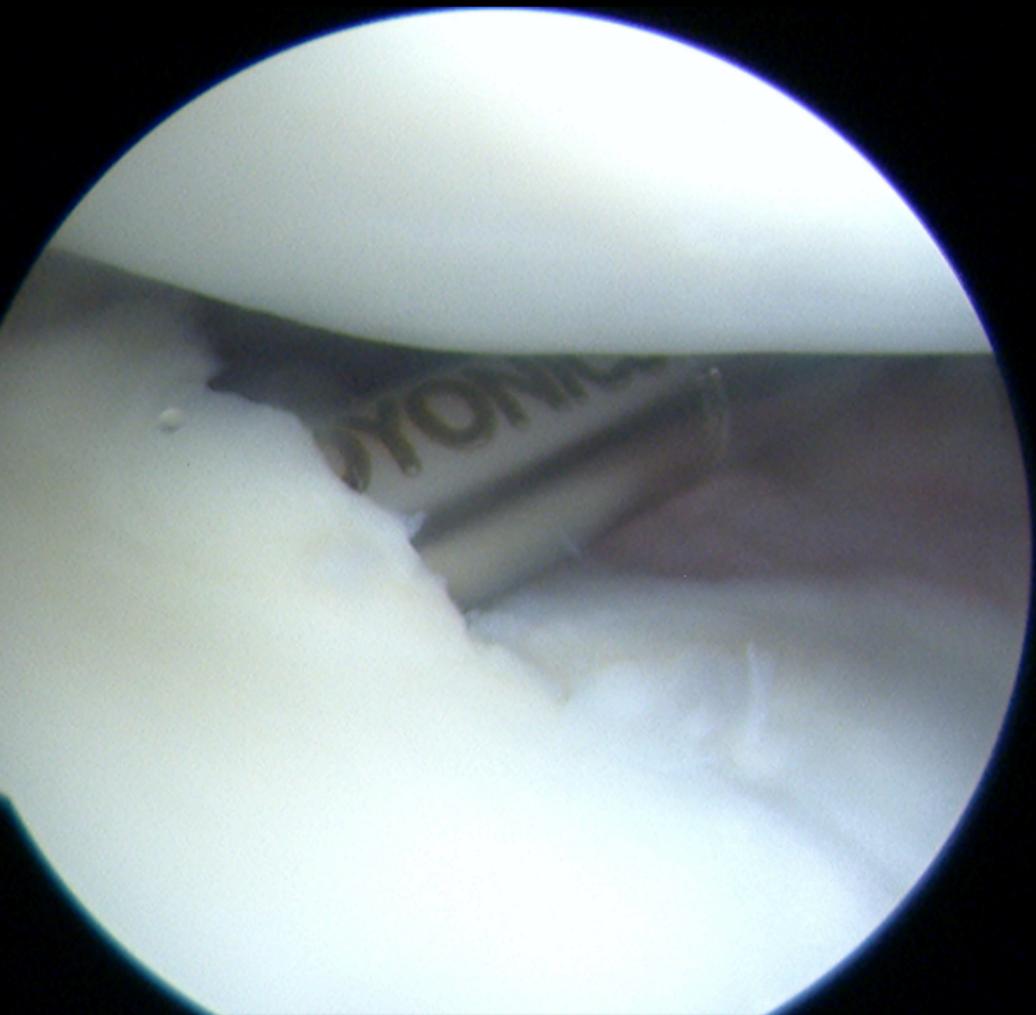
- In some selected cases, consider to treat the cartilage lesion in the same time
- Particularly if the patient is young



Different cartilage repair techniques

BST Cargel

Shive et al.

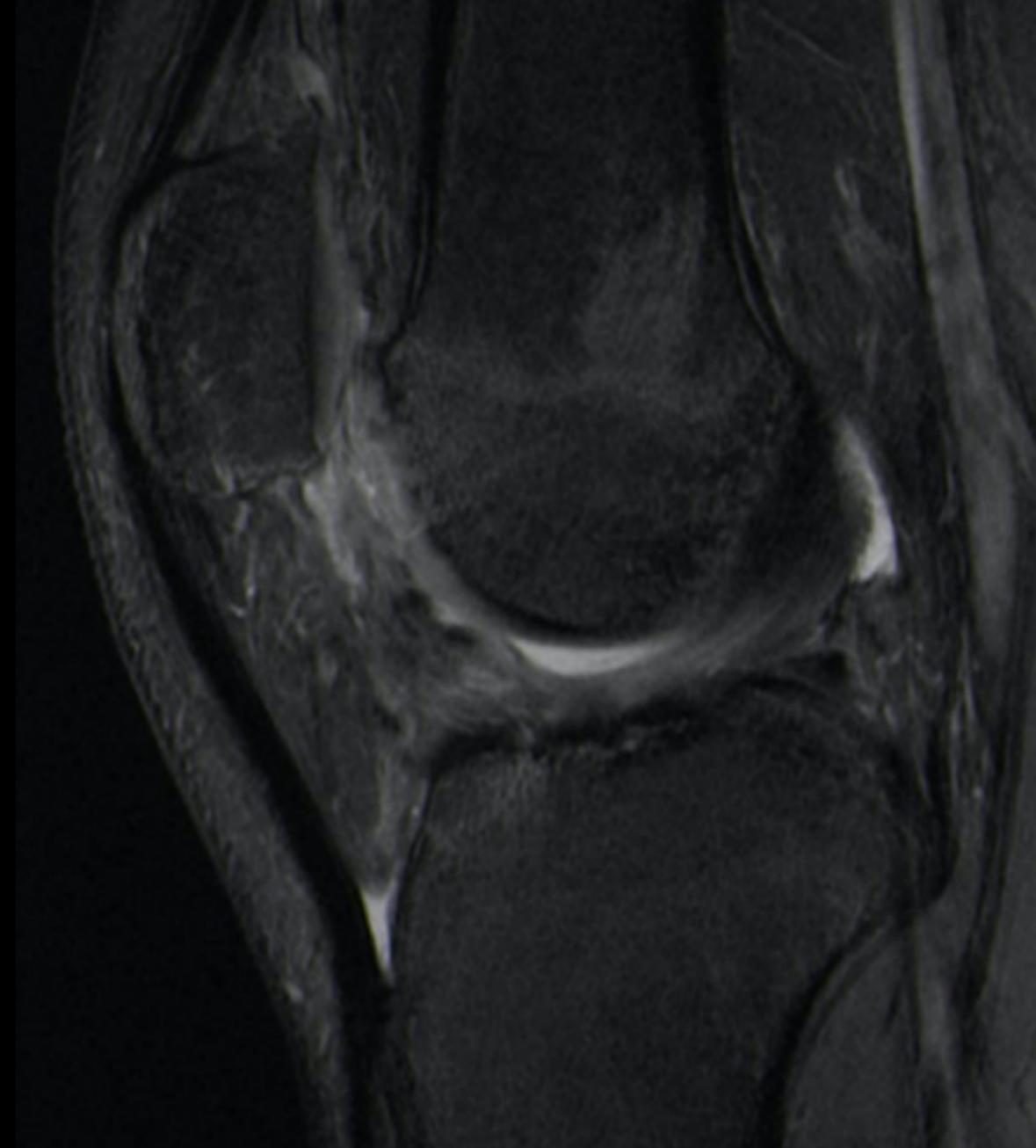


14 yo male

Hyalofast



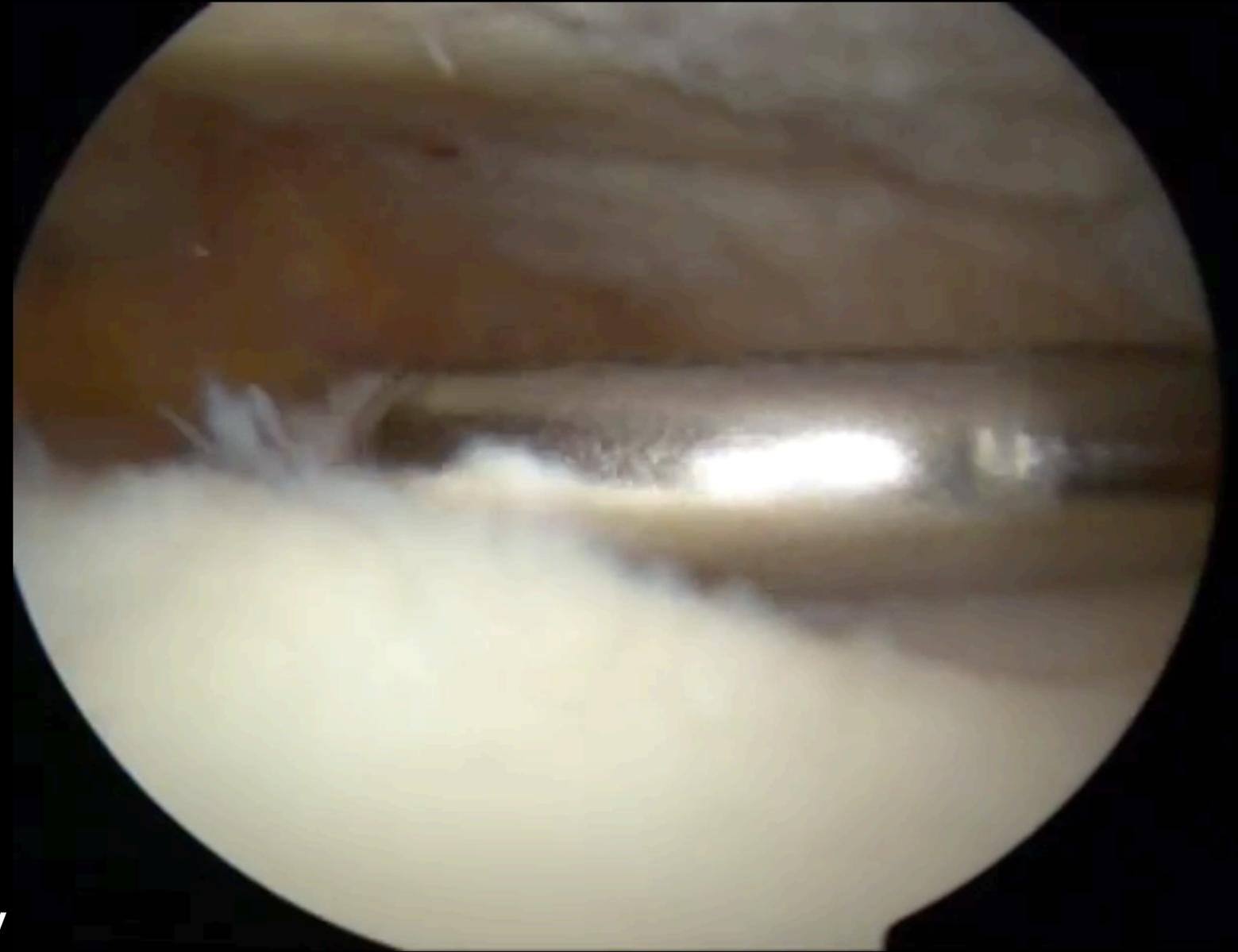
4 months



Chronic cases: Diffuse cartilage lesion

- Usually only correction of deformity to unload the pathologic cartilage area

55 yo Female
Chronic PF instability
and pain



How I deal with cartilage and osteochondral defects in patellofemoral instability

- **Acute cases**

- Loose chondral or osteochondral fragment: resection or fixation
- Small acute chondral lesion: debridement + TTT of patella instability
- Voluminous chondral lesion: repair + TTT of patella instability

- **Chronic cases**

- Localised lesion: consider cartilage repair
- Diffuse lesion: TTT of patella instability +/- debridement