

Current Issues In Treatment Of Osteochondral Defects An Issue Of Foot And Ankle Clinics: Number 1 (The Clinics: Orthopedics 18)

Causes of Osteochondral Defects

- **Trauma:** OCDs can be caused by a direct blow to the joint, such as a fall or a sports injury.
- **Overuse:** OCDs can also be caused by overuse of the joint, such as running or jumping on hard surfaces.
- **Infection:** OCDs can also be caused by an infection in the joint.
- **Other conditions:** OCDs can also be caused by other conditions, such as arthritis or osteochondritis dissecans.

Symptoms of Osteochondral Defects

- **Pain:** Pain is the most common symptom of OCDs. The pain is typically located in the joint, and it may be worse with activity.
- **Swelling:** Swelling is another common symptom of OCDs. The swelling is typically caused by fluid buildup in the joint.
- **Stiffness:** Stiffness is another common symptom of OCDs. The stiffness may be worse in the morning or after periods of inactivity.
- **Catching or locking:** OCDs can also cause the joint to catch or lock. This is caused by the damaged cartilage or bone interfering with the movement of the joint.

Diagnosis of Osteochondral Defects

Treatment of Osteochondral Defects

Conservative Treatment

- **Rest:** Resting the joint can help to reduce pain and swelling.
- **Ice:** Applying ice to the joint can help to reduce pain and swelling.
- **Physical therapy:** Physical therapy can help to improve range of motion and strength in the joint.

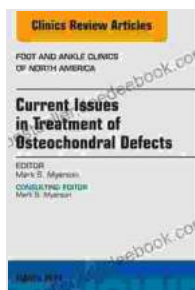
Surgical Treatment

- **Debridement:** Debridement is a surgical procedure that involves removing the damaged cartilage and bone from the joint.
- **Microfracture:** Microfracture is a surgical procedure that involves creating small holes in the bone under the damaged cartilage. This allows blood to flow into the area and form a new clot that will eventually turn into cartilage.
- **Osteochondral autograft transfer (OAT):** OAT is a surgical procedure that involves transplanting a healthy piece of cartilage and bone from another part of the body to the damaged area.
- **Osteochondral allograft transfer (OAT):** OAT is a surgical procedure that involves transplanting a healthy piece of cartilage and bone from a donor to the damaged area.

Non-Surgical Treatment

- **PRP therapy:** PRP therapy involves injecting the patient's own blood plasma, which contains growth factors, into the damaged area. This can help to promote healing of the cartilage and bone.

- **Stem cell therapy:** Stem cell therapy involves injecting stem cells into the damaged area. Stem cells are cells that have the potential to develop into any type of cell in the body, including cartilage and bone cells. This can help to promote healing of the cartilage and bone.



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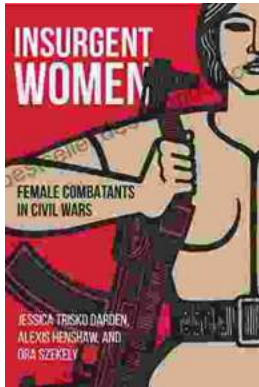
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