

Cartilage Damage Is Treatable

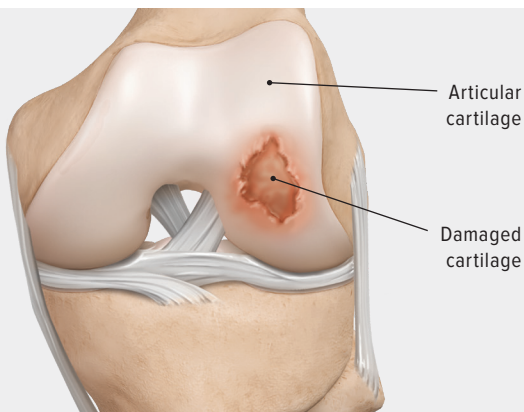
Arthrex Offers Patient-Specific
Joint Preservation Solutions



Arthrex® 

What Is Articular Cartilage?

Cartilage is the smooth white tissue covering the ends of bones that form a joint. It is strong but flexible connective tissue in your joints that works like a shock absorber to protect your bones, playing an important role in joint function and mobility.



How Does Cartilage Damage Occur?

Cartilage damage is commonly called a cartilage “defect” or “lesion.”

Cartilage damage can happen for many reasons and frequently occurs in conjunction with other bone and soft-tissue injuries.

- **Injury:** Motions that are common during physical activity, such as twisting, landing, and jumping, can damage cartilage
- **Accident:** Traumatic injuries, such as those suffered in a car crash or a major fall, can include cartilage damage
- **Age:** Aging is a major risk factor of osteoarthritis because of the cellular changes that occur in the joints as we get older¹

Why Might Cartilage Defects Need to be Treated?

A cartilage defect is like a pothole in a road. Like potholes, cartilage defects vary widely in size, depth, location, and number and require different fixes depending on these factors.²

Cartilage does not have its own blood supply and cannot inherently heal or restore itself after damage, injury, or deterioration (such as from osteoarthritis) occurs.³ Leaving damaged symptomatic cartilage defects untreated can lead to further issues. Short term, cartilage damage can result in pain, swelling, and a “locking” of the affected joint. Long term, it can lead to further damage and osteoarthritis.⁴





What Are My Treatment Options?

Cartilage treatment is patient-specific and not every cartilage lesion requires treatment. Your doctor will determine whether your specific lesion should be surgically treated either on its own or as part of treatment for another injury.

Cartilage repair procedures are common in the US. In the knee alone, it is estimated that 200,000 to 300,000 procedures to treat symptomatic cartilage damage are performed annually.⁵ They are surgically performed and can seamlessly be incorporated into other injury treatments in that same operation, all with the goal of restoring healthy tissue.

The Arthrex joint preservation treatment continuum provides your doctor with many research-backed treatment options to consider based on the size and severity of your cartilage defect, your postoperative activity goals, and more. Your doctor will walk you through the option they think is best for you, as well as that procedure's risks and benefits.

References

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