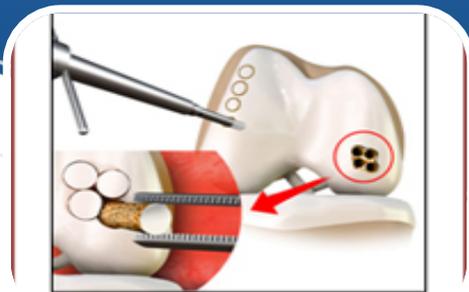


Osteochondral Autologous Transplant (OATS)

OATS is a surgical treatment to repair major damage of knee cartilage. Plugs of cartilage and underlying bone are taken from areas of the knee in less need of cartilage and moved to the damaged areas. The plugs grow in the damaged space allowing the knee to move as it once did.

This type of surgery is more successful when the area needing repair is considered small.

OATS procedure is thought to have long-term benefits lasting over a 10 -year timespan. After surgery patients will need to use crutches for up to 12 weeks and participate in a physical therapy program for best results.



Autologous Chondrocyte Implantation (ACI)

ACI is another surgical option when cartilage damage is extensive. Unlike OATS, this treatment can be used when there are larger areas of damage. The process is done in 3 steps. First, cartilage is harvested from areas of less need. Then, the cells of that cartilage are grown outside the body in order to increase the number of cells. Finally, the cartilage cells are injected over the damaged area 6-8 weeks later. The cells are held in place with a patch.

ACI has also shown long-term benefits leaving patients satisfied up to 10-years following surgery. Patients are to use crutches for up to 8 weeks and participate in physical therapy following surgery.

Check out these resources for more information ↓

1. Arthritis Foundation at

www.arthritis.org

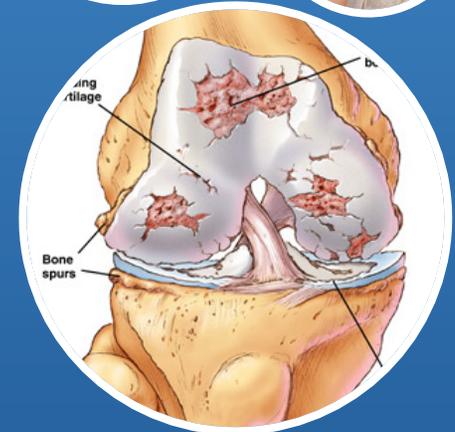
2. Arthritis National Research Foundation at

www.curearthritis.org

3. Chronic Osteoarthritis Management Initiative at

www.usbjui.org

Click the Public Education Programs Link



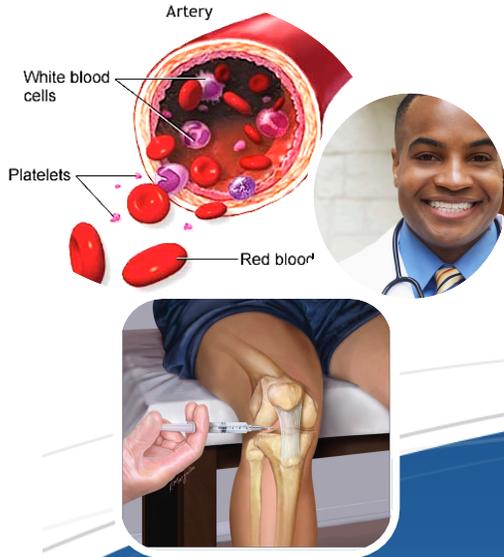
Knee Osteoarthritis

Treatment Options

If physical therapy has not eased your knee OA, explore further treatment options inside.

What is Knee OA?

Osteoarthritis (OA) is a disease process causing the breakdown of cartilage, the smooth lining covering the end of each bone. As this process worsens, the bone underneath the cartilage can begin to breakdown as well. The knee joint is among the most common joints to develop the typical symptoms of pain (usually worse after long periods of rest), swelling, stiffness, decreased motion, and/or clicking or cracking sound during movement. People of all ages can have OA, but it occurs most often in people over 65. There are many ways to treat OA, however some treatments should be tried before others. Physical activity, stretching, weight management, medications, and physical therapy are among those to try first. If these measures did not help, you may consider the options described here.



Viscosupplementation

This treatment is the injection of a solution into the joint. The solution used is hyaluronic acid, which naturally occurs in the joint. When enough of this solution is in the joint, it allows for smooth movement and serves as a shock absorber. Benefits of this treatment may be slow to take effect, but have been shown to outlast steroid injections. A treatment course may require multiple injections for best results.

Examples include: Synvisc, Supartz, and Orthovisc

Did you know, 50% of adults will develop the symptoms of knee OA?

Corticosteroid Injection

Corticosteroids (powerful anti-inflammatory) are injected in hopes to reduce inflammation caused by OA. These injections provide short-term pain relief that should not be taken more often than every three months. Those who benefit most from corticosteroids are in the earlier stages of OA. Caution must be taken with long-term use of this treatment as many of the body's tissues are at risk of experiencing negative side effects.

Examples include: betamethasone, methylprednisolone, and triamcinolone

Platelet Rich Plasma Injection

A third injection option is PRP. The goal of PRP is to use the healing components of blood to restore damaged cartilage. The patient's own blood is drawn and processed to contain a high amount of platelets, a cell required for healing. This portion of the blood is then injected into the knee joint. Such treatment usually involves multiple injections. Activity should be limited for a short time after receiving PRP treatment.

*Possible side effects for any injection include bleeding, swelling, redness, and/or infection at the injection site. Discuss all options in this document with your doctor.