

Articular Cartilage Restoration



Overview

This repairs damaged articular cartilage in your knee. That's a type of cartilage that covers and protects the ends of your bones. Repairing it helps you stay active.

Microfracture, drilling and abrasion

There are several methods for fixing a bad spot in your cartilage. Your surgeon can clean away the bad cartilage and use an awl, drill or burr to cause tiny injuries to the bone underneath it. This triggers a healing response. It stimulates your body to rebuild the cartilage naturally.

Implanting new cells

Or, your surgeon may recommend implanting new cartilage cells. To do this, a small sample of your healthy cartilage is removed. It's sent to a lab, where it is cultured to grow new cells. Then, you come back and have them placed into the bad spot in your knee. They will grow into healthy new cartilage.

Transferring cartilage

Your surgeon can also fix your knee by transplanting some cartilage from one part of your knee to another. Or, donor cartilage can be used.

Conclusion

Talk to your doctor to find out what type of cartilage repair may be right for you.

