Case-Based Panel Discussion
Moderator: Andreas H. Gomoll, MD
Panel: Christian Lattermann, MD
Jas Chahal, MD
Nikhil Verma, MD
Bill Bugbee, MD

Case S

- 44yo healthy female with medial knee pain x 1 year
- PMH: Ulcerative colitis (stable)
- 2012 ACL tear (soccer): ACLr BTB allograft and MFx MFC (1.5x3)
- 2013 Scope for persistent pain: lysis of adhesions, good MFx fill
- Failed PT, cortisone and HA
- Walks with a limp
- Normal knee exam besides small effusion
- Full ROM
- Intact Lachman, Pivot glide, intact collaterals
- Tenderness medial condyle/JL

Initial MRI:
ACL tear, MFC delamination, MM tear
Case S

MRI:
Intact ACLr, filled MFC MFx, subchondral edema, ?MM tear

Comments/Discussion

What’s next?

Arthroscopy
Case S

Fresh osteochondral allograft transplantation (16mm and 14mm plugs, overlapping)

- Outcomes of revision for MFx:
  - ACI after MFx:
    - Minas: 3x higher risk of failure (marrow stim)
    - Pestka: 7x higher risk of failure (marrow stim)
    - Nawaz: 5x higher risk of failure (marrow stim and autograft)
  - OCA after MFx:
    - Gracitelli: no difference

Complications:
- Intralesional osteophytes (bony overgrowth) in 30-70%

Case T

- 22yo healthy male with anterolateral knee pain x 1 year
- Active athlete and runner
- No distinct trauma to knee
- Treated initially with activity modification and RICE, then PT
- Now unable to run and pain with stairs
- Normal knee exam besides small effusion
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**Case T**

**MRI:**
OCD lesion, central and lateral Trochlea

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**CT Arthrogram:**
Little to no bone on fragment

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**Scope:**
Unstable, depressed OCD central and lat. Trochlea (approx. 3.5x2)
Comments/Discussion

Debridement vs. Repair vs. Reconstruction?
Concurrent Procedures?

OCD Incidence:
- Medial femoral condyle: 63.6%
- Lateral femoral condyle: 32.5%
- Patella, tibial plateau and Trochlea: <4%

OCD Treatment outcomes:
- MFx: Gudas (63% G/E)
- OAT: Gudas (83% G/E)
- ACI: Filardo (91% IKDC A/B), Peterson (91% G/E), Vijayan (12/14 pts. G/E). But, adult Dx'd OCD worse outcomes
- OCA: Emmerson (72% G/E)

Lateral parapatellar approach to the joint
Incision extended distally for TTO
Case T

Refixation of one fragment with acceptable bony component
ACI for residual defect (2.9 x 2.2cm)

1 year post-op MRI showing good fill
Now 2.5 years post-op, doing well.
Returned to all activities

Case R

- 25yo healthy female with anteromedial knee pain x 6 mo
- Used to be an active runner
- No distinct trauma to knee
- H/O knee surgery 2 years ago for OCD
- Better for approximately 1 year, now pain with ADLs
- Small effusion, anteromedial incision
- Full ROM
- Stable ligaments
Surgical note:
- Defect size 2.5cm²
- Lateral aspect of MFC
- 2 OAT plugs from proximal medial trochlea to OCD lesion
- Backfilled with 2 preserved osteochondral allograft plugs
- One additional preserved osteochondral allograft plug to OCD
Comments/Discussion

What Cartilage Repair Option?
Concurrent Procedures?

Abnormal subchondral bone
Case R

- 12 Months later
- Recurrence of medial pain

Comments/Discussion

Time for arthroplasty?

Outcomes of revision OCA
Survival 61% at 10 years
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**Case R**

- Currently 18 months out from revision and doing well
- No pain
- Self-restricts from impact activities