

Clinical Management Of Patellar Chondral Injuries

Dr Saw Khay Yong

Kuala Lumpur Sports Medicine Centre, Kuala Lumpur

Articular cartilage injuries do not heal due to its avascular and aneural nature. Current methods of repair have been inconsistent and often result in the formation of fibrocartilage instead of native hyaline cartilage. Recent advances on the use of stem cells to augment surgical procedures have shown significant improvement in cartilage repair. Our current method utilizes arthroscopic subchondral drilling at the site of cartilage defects followed by postoperative intraarticular injections of peripheral blood stem cells (PBSC) in combination with hyaluronic acid (HA) and a postoperative rehabilitation regime. Results from our clinical cases and randomized controlled trial have shown satisfactory articular cartilage regeneration. This presentation outlines the important aspects of our method: surgery, stem cells and rehabilitation.