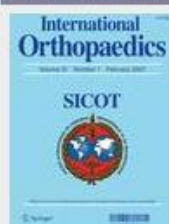


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Journal Article



Fixation with autogenous osteochondral grafts for the treatment of osteochondritis dissecans (stages III and IV)

Journal	International Orthopaedics
Publisher	Springer Berlin / Heidelberg
ISSN	0341-2695 (Print) 1432-5195 (Online)
Status	ONLINE FIRST
Category	Original Paper
DOI	10.1007/s00264-007-0454-2
Subject Collection	Medicine
SpringerLink Date	Sunday, November 25, 2007



Football Traumatology

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Received: 1 July 2007 **Accepted:** 6 August 2007 **Published online:** 24 November 2007

Abstract This paper presents a clinical and functional assessment of the cases of osteochondritis dissecans (OCD) treated with small mosaicplasty type osteochondral grafts. Between 1999 and 2004, we operated on 12 knees with OCD stages III and IV. They were assessed using the International Cartilage Research Society (ICRS) scale, the Visual Analogue Scale (VAS) scale, X-ray and magnetic resonance imaging (MRI). The study was carried out using a clinical series, was retrospective and had a level of evidence of 4. Before surgery, all patients were in classes III and IV on the ICRS scale (four in class III and eight in class IV). At the time of surgery, the patient age was 27.5 ± 7.9 years, with male predominance (75%). Eleven of the cases were assessed as classes I and II on the ICRS scale (seven in class I and four in class II), with one patient in class IV. X-ray assessment was less favourable, revealing alterations in the articular space in 75% of cases. The results show that this technique enables the biological fixation of fragments and, functionally, the clinical results obtained were very good. The osteochondral grafts avoid the implantation of foreign material and make use of bone fragments of the same rigidity as the OCD fragment. We conclude that the technique described is an excellent alternative to the techniques normally used for the fixation of stage III and IV OCD.