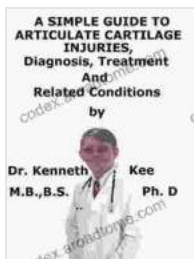


Simple Guide to Articulate Cartilage Injuries: Diagnosis, Treatment, and Related

Articular cartilage is a smooth, slippery tissue that covers the ends of bones in joints. It allows bones to move smoothly against each other without causing friction. Cartilage injuries can occur due to a variety of factors, including trauma, overuse, and aging. These injuries can cause pain, swelling, and stiffness, and can ultimately lead to osteoarthritis.

This guide will provide you with a comprehensive overview of articular cartilage injuries. We will discuss the causes, symptoms, and diagnosis of these injuries, as well as the different treatment options available. We will also discuss some of the related conditions that can occur with cartilage injuries.



A Simple Guide To Articulate Cartilage Injuries, Diagnosis, Treatment And Related Conditions

by Kenneth Kee

★★★★☆ 4.5 out of 5

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Screen Reader : Supported
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Causes of Articular Cartilage Injuries

Cartilage injuries can be caused by a variety of factors, including:

- **Trauma:** Cartilage injuries can occur as a result of a traumatic event, such as a fall or a blow to the joint.
- **Overuse:** Repetitive motions and overuse of a joint can also lead to cartilage injuries.
- **Aging:** As we age, the cartilage in our joints naturally begins to break down, which can make it more susceptible to injury.
- **Obesity:** Being overweight or obese puts extra stress on the joints, which can lead to cartilage injuries.
- **Genetic factors:** Some people are more likely to develop cartilage injuries than others due to their genes.

Symptoms of Articular Cartilage Injuries

The symptoms of articular cartilage injuries can vary depending on the severity of the injury. Some of the most common symptoms include:

- **Pain:** Pain is the most common symptom of a cartilage injury. The pain may be sharp, aching, or burning, and it may worsen with activity.
- **Swelling:** Swelling is another common symptom of a cartilage injury. The swelling may be mild or severe, and it may cause the joint to look puffy.
- **Stiffness:** Cartilage injuries can also cause stiffness in the joint. The stiffness may make it difficult to move the joint, and it may be worse in the morning or after a period of inactivity.

- **Catching or locking:** Cartilage injuries can sometimes cause the joint to catch or lock when it is moved. This can be a very painful and debilitating symptom.
- **Weakness:** Cartilage injuries can also cause weakness in the joint. This can make it difficult to perform everyday activities, such as climbing stairs or carrying objects.

Diagnosis of Articular Cartilage Injuries

Your doctor will diagnose a cartilage injury based on your symptoms and a physical examination. Your doctor may also Free Download one or more of the following tests:

- **X-rays:** X-rays can show bone damage, but they cannot show cartilage damage.
- **Magnetic resonance imaging (MRI):** MRI scans can show cartilage damage and other soft tissue injuries.
- **Arthroscopy:** Arthroscopy is a minimally invasive procedure that allows your doctor to see inside the joint and assess the damage to the cartilage.

Treatment of Articular Cartilage Injuries

The treatment of articular cartilage injuries depends on the severity of the injury. Some cartilage injuries can be treated with conservative measures, such as rest, ice, and physical therapy. Other injuries may require surgery to repair or replace the damaged cartilage.

Conservative treatment

Conservative treatment for cartilage injuries may include:

- **Rest:** Resting the injured joint can help to reduce pain and inflammation.
- **Ice:** Applying ice to the injured joint can help to reduce pain and swelling.
- **Physical therapy:** Physical therapy can help to improve the range of motion in the injured joint and strengthen the muscles around the joint.
- **Medications:** Over-the-counter pain relievers, such as ibuprofen or naproxen, can help to reduce pain and inflammation.

Surgical treatment

Surgery may be necessary to repair or replace the damaged cartilage. There are a number of different surgical procedures that can be used to treat cartilage injuries, including:

- **Arthroscopic debridement:** Arthroscopic debridement is a minimally invasive procedure that involves removing damaged cartilage from the joint.
- **Microfracture:** Microfracture is a surgical procedure that involves creating small holes in the bone beneath the damaged cartilage. This allows blood to clot and form a new cartilage surface.
- **Osteochondral autograft transplantation (OAT):** OAT is a surgical procedure that involves removing a small plug of healthy cartilage from another part of the body and transplanting it into the damaged area.

- **Osteochondral allograft transplantation (OCA):** OCA is a surgical procedure that involves removing a small plug of healthy cartilage from a donor and transplanting it into the damaged area.

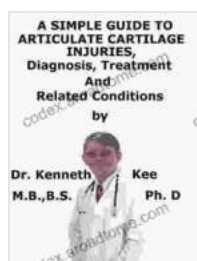
Related Conditions

Articular cartilage injuries can be associated with a number of related conditions, including:

- **Meniscus tears:** Meniscus tears are tears in the cartilage that lines the knee joint.
- **Ligament sprains:** Ligament sprains are tears in the ligaments that connect bones to each other.
- **Osteoarthritis:** Osteoarthritis is a degenerative joint disease that involves the breakdown of cartilage in the joints.

Articular cartilage injuries are a common problem that can affect people of all ages. These injuries can be caused by a variety of factors, and the symptoms can range from mild to severe.

If you are experiencing any of the symptoms of a cartilage injury, it is important to see your doctor for a diagnosis. The earlier a cartilage injury is diagnosed and treated, the better the chances are for a full recovery.



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