Outcomes of microfracture for traumatic chondral defects of the knee: average 11-year follow-up.

Older (but classic) study of the results of the microfracture procedure, by the originator of the surgery. Note the slightly younger patient age & the subjective nature of the results, good to a minimum 7 years. - Kelly Cunningham, MD

Abstract

PURPOSE: In this study, we measured functional outcomes of patients treated arthroscopically with microfracture for full-thickness traumatic defects of the knee.

TYPE OF STUDY: A case series of patients with 7 to 17 years' follow-up.

METHODS: Between 1981 and 1991, a total of 72 patients (75 knees) met the following inclusion criteria: (1) traumatic full-thickness chondral defect, (2) no meniscus or ligament injury, and (3) age 45 years and younger (range, 13 to 45 years). Seventy-one knees (95%) were available for final follow-up (range, 7 to 17 years). All patients completed self-administered questionnaires preoperatively and postoperatively.

RESULTS: The following results were significant at the P < .05 level. Significant improvement was recorded for both Lysholm (scale 1 to 100; preoperative, 59; final follow-up, 89) and Tegner (1 to 10; preoperative, 3; final follow-up, 6) scores. At final follow-up, the SF-36 and WOMAC scores showed good to excellent results. At 7 years after surgery, 80% of the patients rated themselves as "improved." Multivariate analysis revealed that age was a predictor of functional improvement.

Authors: Steadman JR1, Briggs KK, Rodrigo JJ, Kocher MS, Gill TJ, Rodkey WG.

PMID: 12724676 [PubMed - indexed for MEDLINE]

Disclaimer: Austin Ortho+Biologics is not affiliated with the data, content, or conclusions of this article.