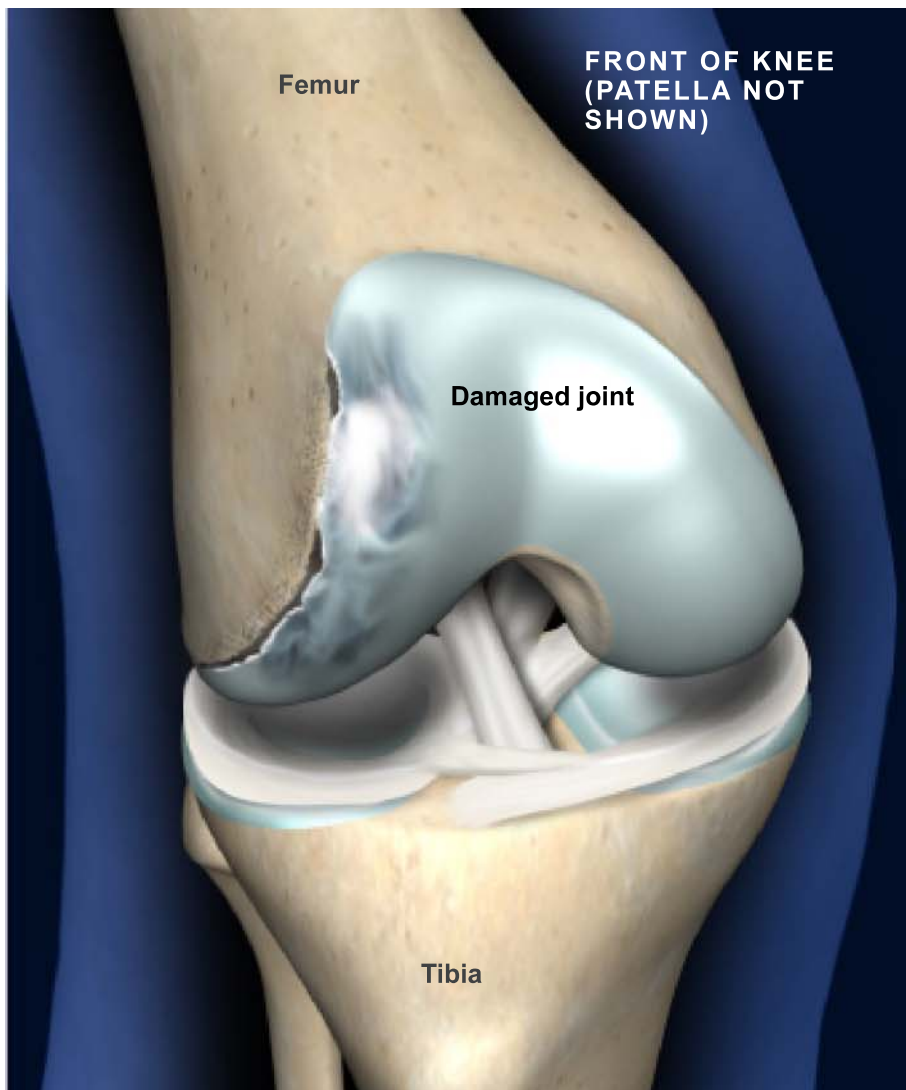


## OSTEOCHONDRITIS DISSECANS OF THE KNEE



This condition occurs when a portion of bone or its overlying articular cartilage is cut off from the blood supply, creating a “dead” area of bone and cartilage. Osteochondritis dissecans of the knee usually affects the condyle of the femur, and may occur after injury or trauma to the knee, or from repeated stress of competitive sports.

### Causes

Osteochondritis dissecans of the knee can result from severe, repeated stress on the joint. Athletes who participate in running and jumping sports are particularly susceptible. It may also result from an arterial blockage or from genetic factors. The exact cause is unknown.

### Symptoms

Osteochondritis dissecans can cause a variety of symptoms, including pain, swelling, weakness, loss of motion, and clicking or locking of the joint.

### Treatment

Treatment options include rest, immobilization of the joint with a cast or brace, use of crutches, anti-inflammatory medications and physical therapy. Surgery may be necessary if the dead area of bone and cartilage separates from the normal bone and is floating freely within the joint, or if normal symptoms are not relieved by rest and therapy.

