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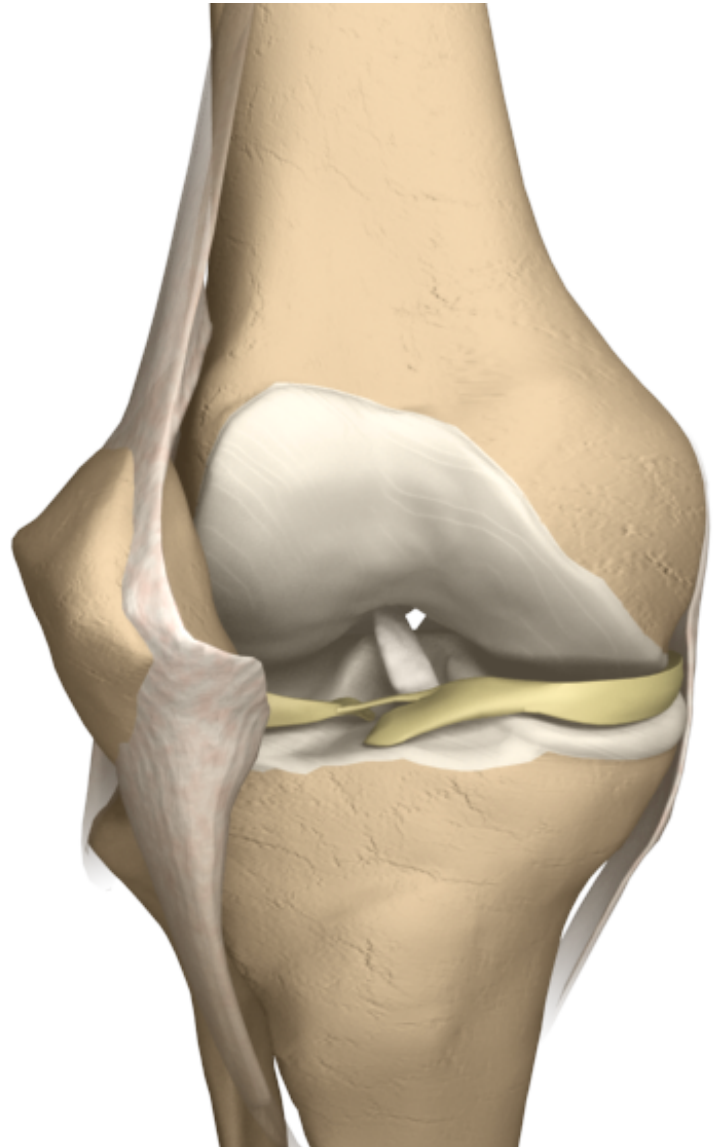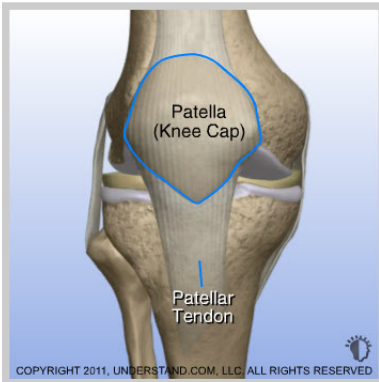Understand.com™
MEDICAL EDUCATION

Patella (Knee Cap) Pain – Removal of Damaged Cartilage

The patella is a flat triangular shaped bone that protects the knee joint and helps muscles move your leg more efficiently. A healthy patella glides up and down a groove at the end of your femur, pain free.
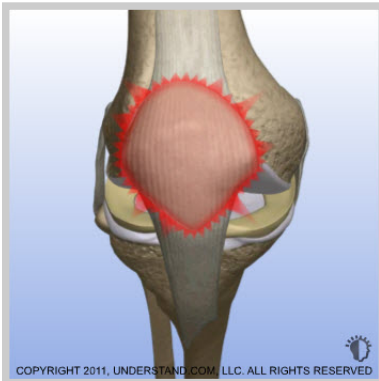
Removal of Damaged Articular Cartilage Introduction

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Doctor's Personal Note: *A Message From Your Doctor*

Thank you for visiting our website and viewing our 3D Animation Library. These animations should assist you in better understanding your condition or procedure. We look forward to answering any additional questions you may have at our next appointment.

Conditions

However, there are a number of conditions that can cause pain when your patella moves. Your surgeon will determine which treatment is best for you based on your specific condition.

Incisions

Small incisions (portals) are made around the joint. The scope and surgical instruments will go into these incisions.

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Treatment Area

The blue arrow is indicating the area that will be treated during this procedure.
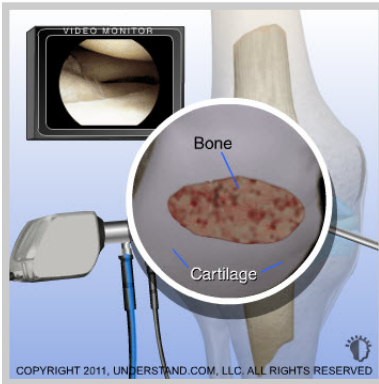
Visualization

The scope is inserted into the knee. Saline solution flows through a tube (cannula) and into the knee to expand the joint and to improve visualization. The image is sent to a video monitor where the surgeon can see inside the joint.

Removal

The damaged cartilage is removed from the joint using a specialized surgical instrument.

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Stimulating Healing

Once the damaged cartilage has been removed, your surgeon may chose to scrape the exposed bone with a surgical instrument. This scraping will help stimulate the body's healing response to the injured area.

End of Procedure

After the damaged cartilage is removed, the surgical instruments are removed and the procedure is completed.

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