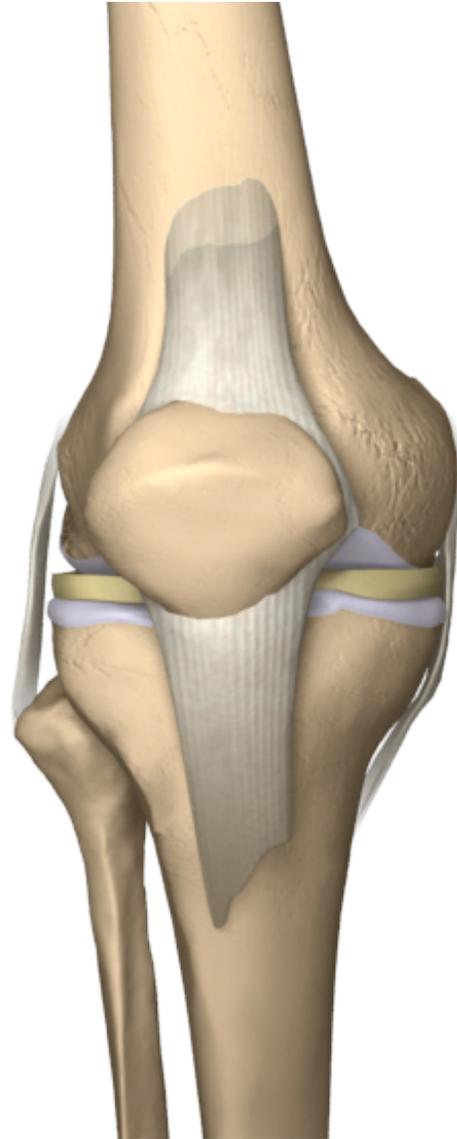
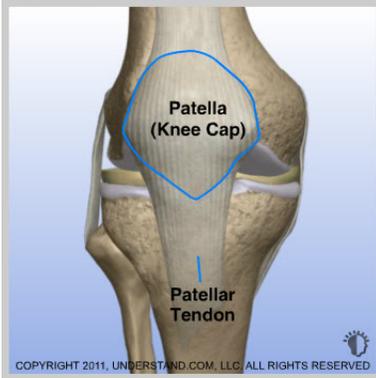


## Patella (Knee Cap) Pain - Drilling/Microfracture

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.

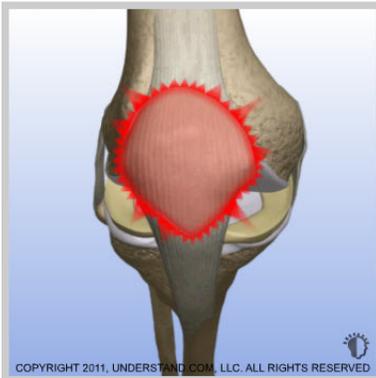


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### ***Drilling/Microfracture of Damaged Articular Cartilage Introduction***

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.



### ***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***

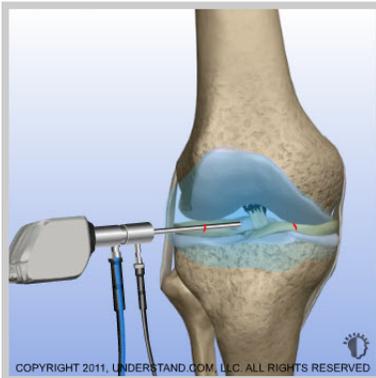
Small incisions (portals) are made around the joint. The scope and surgical instruments will go into these incisions.

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### ***Treatment Area***

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



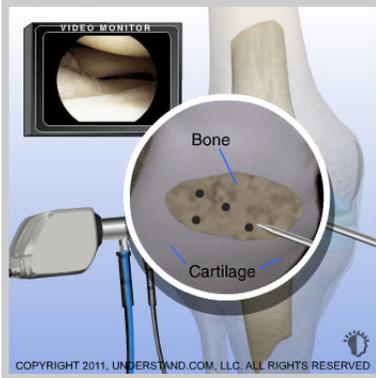
### ***Visualization***

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.



### **Healing**

After the damaged cartilage is removed, a drill or pick is used to make small holes in the exposed bone. Making these small holes will help heal the damaged area, thus the term "drilling/microfracture."



### **End of Procedure**

After the drilling is finished the surgical instruments are removed and the procedure is completed.