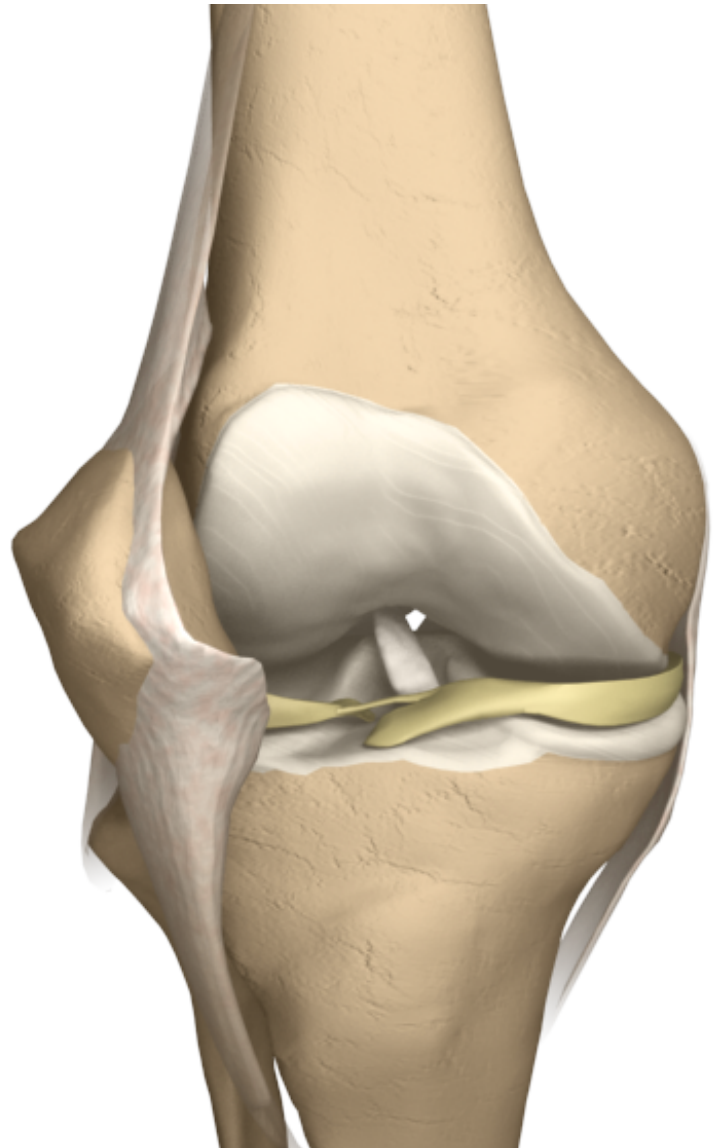
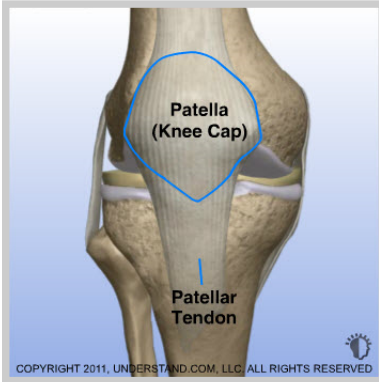


Patella (Knee Cap) Pain - Drilling/Microfracture

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.

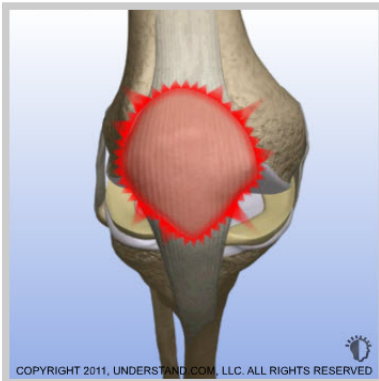


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Drilling/Microfracture of Damaged Articular Cartilage Introduction

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

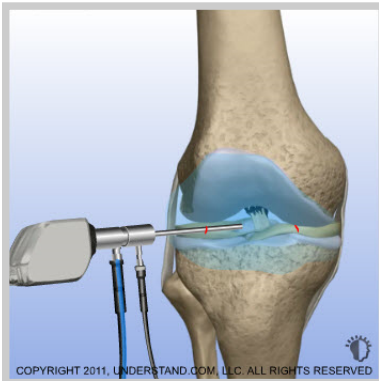
Small incisions (portals) are made around the joint. The scope and surgical instruments will go into these incisions.

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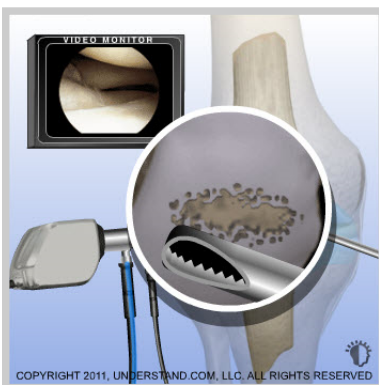
Treatment Area

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



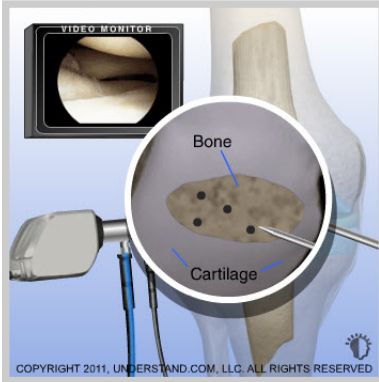
Visualization

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.