

Recognition of chondropathies by arthroscopy in the knee

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Dizde artroskopiyile kondropatilerin tanınması

Müellif 3 yıl boyunca Macaristan'da bir Merkez Şehir Hastanesi'nde artroskopik araştırmalar ve operasyonlar uyguladı. Artroskopi yardımı ile kondropatilerin kendisi ve kesin lokalizasyonu eskisinden daha kolay tanımlandı. Artroskopi yapılan vakalardaki quadriceps kasının artrofisi artrotomi sonrasına göre çok daha az idi. "Arthroshaver"le sayesinde kondropati vakalarına eskisinden daha cesaretle müdahale edilebilmektedir.

Anahtar kelimeler: Artroskopi, kondropati

Author has performed for three years arthroscopic investigations and operations in a central country hospital in Hungary. In this work he reported the cases of knee chondropathies delivered by arthroscopy. He emphasizes, that with the help of arthroscope the chondropathies easily and their exact localization are easily recognized as in the past. In fresh cases the hypotrophy of quadriceps muscle is much smaller as after arthroscopy. Having the arthroshaver we are more outrageous to make chondroplasties in early cases like previously.

Key words: Arthroscopy, chondropathies

The first steps on the field of arthroscopy was in 1982 in Hungary. These were in the capital, Budapest. Only for three-four years there is the possibility to perform arthroscopic procedures out of Budapest.

We at Belgoterjan a county center in north-Hungary began our arthroscopic practice in 1988. During the first 300 arthroscopic procedures we observed 36 chondropathies, which have required operation.

Among them were

patella	16 cases
cond. med. fem.	10
cond. lat. fem	2
combined	6
osteochondritis dissec.	2

During our first period we did not have arthroshaver set, so we made arthrotomy if it was required. Until 1990 we have taken 19 operations because of knee chondropathies. Within these procedures were 18 abrasion, 14 Pridie-drilling, 7 retinacular release, 2 removal of free body.

In 1990 we have got a shaver set. Since then we performed 17 covered operations and only 2 arthrotomies because of chondropathy. Among them were 14 shaving (4 shaving-Pridie drilling), 2 removal of free body, 7 retinaculum release. Distribution of chondropathies by localisation in the second group.

Patella	8
cond. med. fem.	7

cond. lat. fem.	0
combined	2

Discussion

Only the possibility of arthroscopic diagnosis is already important help to recognize the knee chondropathies. It ensures quick and exact diagnosis to the physician. After arthroscopy-in particular fresh cases-the hypotrophy of quadriceps muscle is much smaller as after arthrotomy.

Having the arthroshaver we are more courageous to perform chondroplasties in early cases like previously. This material is not enough to draw considerable conclusions for the therapeutic effects. At least 3-5 years after can we estimate the long term results of covered chondroplasties, but we have already tell today, that it seems to be the recovering period of patients after such a method is shorter than before.

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