

“EFFICACY OF ARTHROSCOPIC JOINT DEBRIDEMENT IN OSTEOARTHRITIS KNEE WITH REGARD TO PAIN AND FUNCTIONAL IMPROVEMENT”

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ABSTRACT

Osteoarthritis is the most common form of arthritis and a leading cause of chronic disability, to a great extent in knee and/or hip joints. Osteoarthritis diseases are a result of both mechanical and biological events that destabilize the normal coupling of degradation and synthesis of articular cartilage, chondrocytes, extracellular matrix and subchondral bone. Although they may be initiated by multiple factors including genetic, metabolic, developmental and traumatic, osteoarthritic disease involve all of the tissues of the diarthrodial joint. Ultimately, osteoarthritic diseases are manifested by morphological, biochemical, molecular and biomechanical changes of both cells and matrix which leads to softening, fibrillation, ulceration, loss of cartilage, sclerosis and eburnation of subchondral bone, osteophytes and subchondral cysts. When clinically evident, osteoarthritic diseases are characterized by joint pain, tenderness, crepitus, and limitation of movement, occasional effusion and variable degrees of inflammation without systemic effects. The aim of the study is to study the efficacy of arthroscopic lavage and debridement in relieving symptoms of osteoarthritis of knee.

KEYWORDS: Articular Cartilage, Chondrocytes, Extracellular Matrix and Subchondral Bone