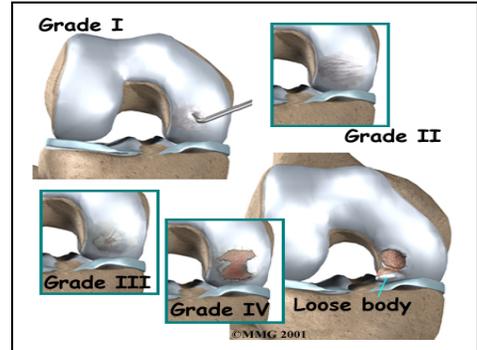


Children's Bone and Spine Surgery

Osteochondritis Dissecans (OCD)

What is Osteochondritis Dissecans?

- OCD is a condition that develops in joints. It occurs when a small segment of bone begins to separate from its surrounding cartilage due to a lack of blood supply.
 - Generally occurs in children and adolescents.
 - Common joints include:
 - Knees
 - Ankles
 - Elbows
 - Can occur in multiple joints

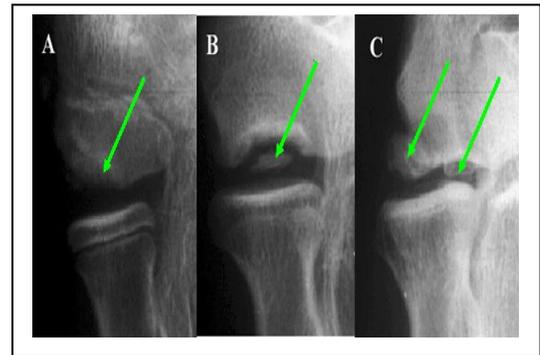


Causes:

- There is no known cause of the disruption of blood flow resulting in an OCD lesion.
 - Could be caused by stress or trauma over time.

Signs and Symptoms:

- Patient may complain of:
 - Pain and swelling of a joint caused by activity
 - Joint line tenderness
 - May cause catching or locking
 - Difficulty straightening the knee



Treatments:

- Observation and Activity Changes
 - In most cases, OCD lesions in children and young teens can heal on their own, especially when the body has a good deal of growing to do.
 - Resting and restricting activity will resolve pain and swelling
- Nonsurgical Treatment
 - If symptoms do not subside with rest, the utilization of splinting/casting with crutches may be an option for a period of time.
- Surgical Intervention
 - Surgery may be an option if:
 - Nonsurgical treatment fails to alleviate pain and swelling.
 - The lesion has detached from the bone causing further complications.
 - The lesion is extremely large, especially in older teens.
 - Various surgical techniques include:
 - If the lesion is **stable** and does not heal on its own, surgical intervention is done arthroscopically.
 - Drilling into the lesion to create pathways for new blood vessels to nourish the affected area. This will encourage healing of the surrounding bone.
 - If the lesion is **unstable**, treatment is completed arthroscopically.
 - Holding the lesion in place with internal fixation (such as pins and screws)
 - Drilling may be done around the lesion to promote blood flow to increase bone healing.
 - Athletes are cleared for return to play and competition about 3 months after surgery.